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MANUAL

OF

DOMESTIC ECONOMY,

OR

HOUSE-KEEPER'S GUIDE.

COMPRISING A VERY LARGE COLLECTION OF ORIGINAL RECEIPTS, DERIVED FROM THE PRACTICAL EXPERIENCE OF THE AUTHOR.

———"Heavenly stranger please to taste
Those bounties which our nourisher, from whom
All perfect good, unmeasured out, descends,
To us for food, and for delight hath caused
The earth to yield; unsavory food perhaps,
To spiritual natures; only this I know,
That one celestial father gives them all."—MILTON.

BY GEORGE GIRARDEY, M. D.

DAYTON, O.
JOHN WILSON, PRINTER.
1841.

ADVERTISEMENT.

Although there are in circulation several *Cook Books and Collections of Receipts*, there is none of the comprehensive nature of this work; and certainly none which can be so completely warranted by the actual experience of the author, to fulfil all that it promises.—Every hotel and boarding house, every house keeper both in town and the country, should possess a copy of this work, as it will contribute to the enjoyment of the rich, and almost equally to the economy and comfort of families in ordinary circumstances. The poorest individual may in many instances save ten times the price of the work, by the possession of a single item of information derived from it. For many of the receipts it contains, the author has received from single individuals as much as *twenty-five* and *fifty dollars*. A great portion of this work is especially designed as a manual for young house-keepers, and will supply the advantages of long experience.

This work will be published in the English, French, and German languages, separately; and as there are so many different circumstances in families, in regard to their ways, use, and means, the author has endeavored to avoid general rules, and has restrained himself in all his directions to the most simple and economical system which may be more or less extended, according to reflection, experience and means.

The work treats of the best method to pickle vegetables and fruits, generally used in various countries and different seasons.

The manner of making all sorts of soups and dietetic description of nourishment and refreshment for sick and convalescent persons, and also for young children.

It gives methods for preparing sauces, and directions for preparing in various ways, the different parts of beef, veal, pork and mutton; to make all sorts of sausages, with directions for keeping them during the summer.

A description of the best way to prepare game, poultry, and wild fowls, river and sea fish, &c., as practiced in different countries.

A complete description is also given of all kinds of esculent vegetables, with the best method of preparing them for the table, rendering them ornamental, healthful and palatable, according to the fashions of various countries.

An exact explanation is also given how to treat pastry, cakes, and all kinds of confectionary, pudding, minced meats, ice creams, jellies, preserves, marmelades, stewed fruits, &c. &c. How to manufacture all sorts of syrups, cordials, &c., is also explained.—How to use milk and eggs, with the method of keeping them for a long time; and the making Swiss, Dutch, and other cheese.

Methods of preparing all sorts of warm and cold drinks generally used in European and American hotels, are completely explained.

Several directions are given to preserve vegetables and fruits from the effect of cold through the winter.

Many methods to manufacture artificial wines, either fermented or unfermented; the culture of the vine, with various directions respecting the soil, and most advantageous sites for vineyards. Methods of making wine from grapes; means of preserving it when it has began to spoil; of making vinegar, ginger, and spruce beer, etc.

It gives a dietetic description of the qualities and effects of the various dishes and preparations treated of in this work. It also suggests approved remedies in several ordinary emergencies, where the attendance of a physician cannot be readily procured, as in cases of vegetable poison, verdegris, noxious vapors, drowning, bites from snakes and rabid animals.

Instructions for making and planting gardens in the most profitable way, will also be explained.

The conclusion of the work will contain a large number of tried and useful miscellaneous receipts; also a description of fermented liquors and their various effects on the constitution and character of man.

MANUAL OF DOMESTIC ECONOMY.

PART I.

Cucumbers.

1. Take Cucumbers when they are small and of equal size: rub them well with a coarse cloth; sprinkle them with a little fine salt and let them stand for about two hours; wash them in cold water; draw off the water, place the cucumbers side by side in a stone jar; put between each layer some unground pepper, one broken nutmeg and a few small onions; continue in this manner till the jar is nearly full; boil some strong vinegar and put it over the cucumbers. The following day, pour off the vinegar and boil it again; repeat this operation three times; cover the jar with a bladder and put it in a dry place. Cucumbers prepared as above directed will have a fine flavor and retain their color for years. Very young watter-melons and squashes may be prepared in the same manner.

Beets.

2. When beets are quite ripe, boil them until they become tender, let them get cool; peal them nicely, and cut them in round slices about three lines thick; put them in cold water for a quarter of an hour, place them regularly in stone jars, and between every three or four layers, add a few very thin slices of onions, and one laurel leaf, season with a little fine salt and pepper; in this manner fill the jar nearly full; pour into it a sufficient quantity of strong vinegar to keep the beets always covered; close the jar with a double paper and keep it in a cold dry situation.

To Pickle Green Corn.

3. Pick the corn when the ears are about an inch and a half long; put them for four hours in fresh water, and then as long in midling strong brine; arrange them in a stone jar; boil strong vinegar with a spoonful of unground

pepper, half a spoonful of cloves, a piece of cinnamon and a handful of salt; let the vinegar cool and pour it into the jar; close it with a bladder; keep it in a cellar, and in four weeks it will be fit for use. If red vinegar be used the corn will assume the same color.

To Pickle Beans.

4. The beans should be gathered when about one inch and a half long; they are to be treated in the same manner as corn, (3) except that they must be put for two or three minutes into boiling water, and the cinnamon must be omitted.

Pickled Onions.

5. Take onions about the size of a small nut, clean them well, put them into a stone jar with some laurel leaves; boil some strong vinegar with a spoonful of unground pepper and a handful of salt; pour the vinegar as warm as possible over the onions; cover the jar with a bladder and keep it in the cellar.

Pickled Carrots.

6. Carrots are to be treated in the same manner as beets, except that the slices must be cut about half as thick and more onions should be used, and the laurel leaf omitted. Carrots about the size of a finger may be pickled like corn. (3)

Pickled Fruits.

7. Peaches, prunes, plumbs, apples, goosberries and currents, may be pickled, when not quite ripe, by pouring hot vinegar over them three or four times.

Pickled Sour-Cront.

8. Select good white and firm cabbage; cut it as fine as possible, put it into a barrel to the depth of about six inches; sprinkle over this a large handful of salt, with a little grated horse-radish and a few juniper berries; pack it as close as possible; continue in this manner until the barrel is full; place a round board nearly the size of the barrel on the cabbage and put heavy weights upon it; when froth begins to rise, take it off and pour fresh water on it; repeat this every week and your sour-crout will keep white and good in the warmest weather.

To Pickle Cabbage.

9. Take whole cabbage leaves, wash them, put them into a barrel one by one, sprinkle a little salt on the first layer, continue in this manner till the barrel is full, packing it like sour-crout; put a board on it and load it with weights; change the water as directed in the preceding receipt. In about three weeks it will be fit for use.—When it is to be used cut it coarsely and boil it with a piece of smoked pork.

To Pickle Red Cabbage.

10. Take the red cabbage and cut it fine, pack it closely in an earthen jar with a little fine salt, and place weight upon it: when wanted for use, add good vinegar with a little fresh butter and pepper. Serve as a Salad.

Pickled Horse-Radish.

11. Choose the largest roots of horse-radish, wash and clean them well, grate them fine, put them in an earthen jar with a little salt and corriander seed, pour good vinegar upon it, change the vinegar three or four times, using vinegar that has not been boiled. Serve as a salad with cold or warm meat.

Pickled Hops.

12. Pick the hops before they are in blossom; put them one minute in boiling water; drain off the water; pack them closely in an earthen jar with a little salt, pepper, and grated nutmeg; fill the jar with strong vinegar. When used, the hops are to be chopped fine, and a few of them mixed with other salads, will give them a flavor and render them more conducive to health.

Mustard.

13. Rub the inside of a bowl with a piece of garlic; put some yellow mustard into it; add some pepper, salt, and a sufficient quantity of good vinegar to make it thin; add a little olive oil or some meat broth; (25) mix thoroughly.

Another.

14. Put one spoonful of salt, and one of pepper, with a pound of mustard; boil it in one gallon of sweet cider for a quarter of an hour; let it cool; add one pint of apple butter and a sufficient quantity of vinegar to give it a proper consistence.

Parisian Mustard.

15. Rub the inside of a bowl with a piece of garlic; put into it one pound of yellow mustard, with one spoon-

ful of fine pepper, a teaspoonful of red pepper, and as much salt; two tea spoonsful of powdered ginger; two tea spoonsful of grated horse-radish; three of olive oil; mix well with aromatic vinegar; (16) keep in close jars.

Aromatic Vinegar.

16. Put half a pound of tarragon, two ounces tansy, a little thyme, and sweet basil, one ounce of elder blossoms, twenty shaliots, the half of a garlic, half an ounce of whole pepper, twelve cloves, and one broken nutmeg; add a handful of salt and one bottle of cogniac, infuse the whole for one month in two gallons of vinegar; pass it through a flannel and keep it in well corked bottles.

Tarragon Vinegar.

17. Infuse for one month two ounces of fresh tarragon leaves in a quart of strong vinegar, add a half tumbler full of cogniac, strain it through a flannel and keep it in well corked bottles.

Tomato Catsup.

18. Take the juice of ripe tomatos, sift it, boil it for half an hour; add half a pint of vinegar for every gallon of juice, with two ounces of fine pepper, one ounce of salt, a tea spoonful of pulverized laurel leaves, as much cloves, and a spoonful of red pepper; boil the whole till it becomes as thick as molasses, stirring all the time to prevent it from burning. Bottle it up and when it becomes too thick add vinegar.

Tomato Butter or Marmalade.

19. For every pound of ripe tomatoes, take as many ounces of sugar, which must be melted in a kettle till it is brown, then add the tomatos cut fine, a few cloves, some pepper and a nutmeg, boil rapidly, when the tomatos become soft, take it off the fire and pass it through a seive, put what has passed into a kettle and boil it to the consistence of jelly, put it in small jars, let it get cool, cover the jars with strong paper and keep them in a dry place. This jelly is excellent dissolved in beef soups and in many sorts of sauces.

Seasoned Essence.

20. Put into a kettle a bottle of white wine and one bottle of vinegar, the juice of four lemons, a half pound of salt, two ounces of unground pepper, two dozen cloves,

a little mace, six laurel leaves, a little thyme and sweet basil, thirty mashed shalots and one ounce of parsley; squeeze the whole through flannel and keep the essence in small bottles. A very small quantity will season all sauces that require a high degree of pungency.

Mixed Spices.

21. Take a quarter of a pound of ground pepper, two dozen cloves, three nutmegs, and one ounce of ginger, pound all together, mix thoroughly and keep in a jar.

Kari Powder.

22. Take four ounces of long peppers, three ounces of cuscuma root, pulverize in a mortar, add one half ounce of pepper, twelve cloves and one nutmeg, all ground fine.

Caramel.

23. Put into a copper kettle some loaf sugar grated fine, without water, burn it till it becomes very dark, stirring all the time; take it off the fire and add a little water, let it dissolve and then bottle it. This caramel will serve to color soups, cordials, liquors of all sorts, and to marble creams.

Spinnage Green.

24. Take two or three hands full of Spinnage and a little parsley, pour some warm water, (but not boiling) over it; let it remain a few minutes, then take it out and squeeze the water out; chop it fine; put it into a cloath and squeeze the juice out. This juice will serve to color porridges, sauces, and many other dishes. If the juice is kept warm without boiling for several hours, the *feculum* will separate from the watery part and rise to the surface; put it in a fine seive and let it dry; keep it in a close bottle in a dark place. When it is to be used in winter, take a little of it and mix with a little butter, and it will resume its original color.

PART II.

SOUPS.

Beef Broth.

25. Select a good piece of beef; (do not wash it) put it into an iron pot with one quart of water to every pound of beef; boil it slowly that the *albumine* may be more ea-

sily dissolved, and it will coagulate in a light froth; skim it carefully until it is perfectly clear; keep a regular fire for three hours; if the fire is too high some of the *albumine* will dissolve; the broth will become whitish and form a deposite in the bottom of the vessel.

Beef Soup with Vegetables.

26. Take beef broth made as above directed; add a little salt and pepper to it with some vegetables, as one or two onions, small carrots, turnips, cabbage, a little celery and parsley. It is not necessary that all these vegetables should be used; two or three kinds will answer a very good purpose.

Plain Beef Soup.

27. Toast some slices of bread and put them with a little salt and parsley into a bowl, and pour the necessary quantity of boiling beef broth (25) into it.

Vermicella Soup.

28. Take beef broth, (25) boil it and add a few spoonsful of fresh vermicella; let it cook for twenty-five minutes; the vermicella will swell up half their thickness; the soup has to be thin. This must be calculated on according to the quantity of soup needed.

Vermicella Soup with Milk.

29. To every pint of sweet milk, put a spoonful of vermicella and a little loaf sugar, let it boil for a quarter of an hour. A small piece of cinnamon in the milk will give the soup a very pleasant flavor.

Gruel.

30. This soup is made like vermicella soup except that the Semoulia [Semoulia is any grain coarsely ground and used without sifting,] must be put into the broth slowly and stirred continually to prevent it from forming lumps.

To Make Noodles and Noodle Soup.

31. Make of flour and eggs a thick dough, add a little salt, knead the whole thoroughly; roll it out to about the thickness of a line, sprinkle it with flour, let it remain for half an hour, then roll it up like paper, cut it as fine as possible, spread on a table and dry it well. These noodles will keep good for several weeks if put in a jar and kept in a dry place. The soup is made like vermicella soup,

but requires only fifteen minutes boiling. It may be colored with caramel. (23.)

Noodle Soup with Milk.

32. This soup is made in the same way as Vermicella soup, except that it requires more milk, and cinnamon is not to be used.

Dutch Noodle Soup.

33. Mix one pint of flour with the yellow of four, and the white of one egg; add a little salt, and as much broth [25] as will give it the consistence of thick molasses; season with a little fine pepper and nutmeg; let it run through a colander into boiling broth, a brisk fire must be kept under the pot to prevent the noodles from turning to mash; it may be colored with a spoonful of caramel. [23.]

Rice Soup.

34. Take rice, wash it several times, [see that it is not wormy] boil it for one hour in a large quantity of broth. It may be colored in the same manner as above.

Rice Soup with Milk.

35. Take for every pint of milk one spoonful of well washed rice, add a little white sugar and a piece of cinnamon, boil it for three quarters of an hour.

Herb Soup.

36. Take some young Spinnage and sorrel leaves, chop it closely and put it into a stew pan with a little butter, salt and pepper; add a half pint of boiling broth and let it cook for a quarter of an hour.

Soup a la Julienne.

37. Cut in thin slices some carrots, turnips, one onion, a stalk of celery, cut the roots as fine as possible, and about an inch long; toast them a short time in butter; add some chopped sorrel and chervil, with meat broth and a little salt, pour over some roast slices of bread.

Cabbage Soup.

38. Cut a white Cabbage in four pieces, put it in boiling water for a quarter of an hour, take it out, drain off the water, put in the bottom of a pot some slices of ham, carrots, onions and the cabbage, add a little salt, pour broth on it, and cook for an hour.

Cabbage Soup with Cheese.

39. After the Cabbage has been boiled, add a large

piece of butter, some slices of bread, a little hard grated cheese, which has to be spread over the bread and the cabbage; repeat this three times and add a sufficient quantity of broth to cover it; cook over a slow fire for half an hour.

Root Porridge Soup.

40. Take some carrots, turnips and onions, cut them in three slices, toast them in butter, stir constantly, add a little salt, pepper, a half pint of broth and a spoonful of caramel, [23] cook on a slow fire, pass through a seive, thin what passes through with a little warm broth.

Marrow Soup.

41. Melt a quarter of a pound of beef marrow, sift it, when it is almost cool mix two eggs, a little fine crumbled bred and chopped parsley, add some salt, grated nutmeg, and a little flour, mix all well and make a dough by adding broth, make the dough into fine strips, put them into boiling broth, and let it cook for five minutes.

Remark.

42. Bean, pea and lentile soups, are all made in the same manner.

Bean Soup.

43. Boil some beans, carrots and onions; when cooked tender, mash and pass all through a seive, add enough of broth to make it thin and pour over some slices of bread. If spinnage green [24] be added, the soup will take that color.

Porridge with toasted bread.

44. Roast some small square pieces of bread in fresh butter, till they become yellowish, pour some bean or other porridge over them.

Egg Soup.

45. Mix half a spoonful of flour with some broth; beat three eggs; season with salt, pepper, and a little mace; mix all together, and let it run by degrees into boiling broth, stirring all the time; let it cook for fifteen minutes; pour the whole over slices of buttered bread.

Another.

46. Beat the yellow of six, and the whole of three eggs in a quart of cold broth; put the mixture in a well greased pot over a slow fire; let it get somewhat hard; take it in

small pieces, and put it into a bowl containing warm broth; add a little salt.

Oyster Soup.

47. Put a piece of fresh butter in a tin or an earthen vessel with a pint of water, some crumbs of bread, and fine pepper; let it boil, and add one dozen of fresh oysters; cook for four or five minutes more, keeping the vessel covered to prevent evaporation. Some persons like a little lemon juice in it, or a spoonful of cream; but tomato butter, [19] is preferable to either.

Oyster soup for sick.

48. Mash in a mortar one dozen fresh oysters; put them in broth and cook them for half an hour; put a little toasted bread with it and pass the whole through a seive. This soup is very wholesome and may be given to sick and convalescent persons.

Queen Soup.

49. Take the meat of boiled fowls and some half boiled rice; pound both together in a mortar; thin it with some broth; pass the whole through a fine seive; boil the bones of the fowls in broth for three quarters of an hour; pass this through a fine seive; mix both together and pour over some slices of bread; when served, season with a little salt, pepper and mace.

Potatoe Quennelle soup.

50. Cook some potatoes, peal and wash them, chop and pound fine the meat of some boiled chickens, mix both, add a piece of butter and the yellow of as many eggs as will be necessary to make a middling thick dough, season with a little salt, pepper, and grated nutmeg, form it into small balls the size of a small nut, put them in boiling broth, cook for fifteen minutes, and serve as soon as the soup is made.

Meagre Soup.

51. Cut into thin slices one dozen carrots, as many turnips and onions, two stalks of celery, a small cabbage and some parsley, put all into a pot with a quarter of a pound of butter and a pint of water, cook it till the water is evaporated, fill the pot with water, boil it again, and add of peas and beans a pint of each, season with a little salt, pepper, and cloves, boil for three hours and a half,

pass it through a seive. This broth is used for all light soups in the same manner as the meat broth [25] is used for richer soups.

Spring Soup.

52. Take one pint of young peas, some sorrel and chervil, lettuce, three small onions, a little parsley and some butter, boil the whole with three quarts of water, season with salt and pepper, when it is well cooked, sift it, pour the broth over slices of bread, and mix the yellow of four eggs; it is then ready to serve.

Onion Soup.

53. Put some butter into a pot, let it get hot, toast two or three sliced onions into it, add some water, season with salt and pepper, let it boil for a quarter of an hour, pour the broth over some slices of bread, a little milk may be added.

Cucumber Soup.

54. Take a large cucumber, peal it and take all the seeds out, cut it into small square pieces, put them in a pot with some butter, let them cook a little while, add some broth, a handful of chopped sorrel and chervil, season with salt and pepper, let it boil for a quarter of an hour, when done mix in the yellow of two eggs with a little cream, and put it over some slices of bread.

Succory Soup.

55. Chop some Succory, cook it with butter for a short time, add some water with a little salt, pepper and nutmeg, boil it for three quarters of an hour, when it is ready to serve, add the yellow of three eggs, and pour the whole over some slices of bread.

Onion Soup with Rice.

56. Toast some sliced onions in butter, add some meager soup, [51] or water, season with salt, pepper, and grated nutmeg, put half a pint of rice in it, boil all together for one hour and a half. Vermicella may be prepared in the same manner, but it must only boil for one hour.

Rice Porridge.

57. Cook some rice in broth, [25] let it boil until the rice becomes mushy, then add some peas or bean porridge. The soup must not be too thick, and when ready to serve, a piece of butter is to be put in.

Sea Turtle Soup.

58. Take the meat of a fat turtle, wash it perfectly free from blood, soak it in warm [not boiling] water, save all the eggs, laying them aside, boil the meat for an hour and a half, take it off the fire, cut the best of the meat in regular pieces and lay it away with the eggs, cook the hard parts and legs again in the broth, and if there are any scraps of boiled chicken or veal at hand, they may be put in with them, keep the contains of the pot always covered with water. boil till the meat is loose from the bones, sift it, put the broth into the pot with the meat and eggs which were laid aside. Some fish quennelle, [62] a little salt, a good deal of pepper, nutmeg, and some fine chopped parsley, let it boil half an hour longer, and a few minutes before it is taken from the fire, add the yellow of three or four boiled eggs, with the whites cut into slices. If a high flavor is desired, add a tumblerful of good white wine, [champaigne if it is to be had] or a little tomato marmalade. [19.]

River Turtle Soup.

59. This soup is made in the same manner as sea turtle soup, but requires a little more salt.

Mock turtle soup can be prepared from calfs head in the same manner as above, but requires the yellow of two or three eggs beaten in milk, and a bottle of white wine boiled with it.

Pumpkin Soup.

60. Cut in small pieces the quarter of a pumpkin, put them into a pot with very little water, cook them well, stirring occasionally, sift it, add milk enough to thin it, put a piece of butter with it, season with very little salt and a piece of sugar, boil it for five minutes and pour it over some slices of bread. This soup is much improved by boiling a laurel leaf with it, or by adding a teaspoonful of orange blossom water when ready to serve.

Milk and Egg Soup.

61. Boil the milk, season it with a little sugar and a piece of cinnamon, boil it for two or three minutes, let it cool a little, and add three beaten eggs to it, put again on the fire, stirring constantly, and as soon as the milk becomes thickish, pour it over thin slices of bread.

Fish Quennelle Soup.

62. Take the clear meat of cooked fish, chop and pound it with some bread soaked in a little milk, add the yellow of a few eggs and a little butter, season with salt, pepper, and grated nutmeg, mix all in a dough, and make small round balls, warm some light broth, put the quennells into it and let it boil a few minutes.

Plain Soup.

63. Cut some square pieces of bread, toast them brown, butter them and pour warm water over, boil it and add a little salt.

Broken Broth Soup.

64. Take two spoonfulls of flour, put a little grated nutmeg and salt with some milk and two eggs with it, work it into a thin dough, boil some broth, [25] let the dough run through a colander into the boiling broth, take the yellow of two eggs, put some fine chopped parsley with it, take the soup from the fire and mix all thoroughly.

White Egg Soup.

65. Take a pint of dry grated bread, put it with four eggs, a little salt and grated nutmeg, mix all with some warm broth, put it on the fire and stir constantly, take it off as soon as it begins to boil.

Flour Soup.

66. Warm some butter in a pot, put a spoonful of flour into it, stir constantly till the flour becomes brown, add some broth or water, beat up the yellow of two eggs, when the broth is boiling pour it slowly over the beaten eggs, season with salt.

Milk Soup.

67. Take a half gallon of milk, a quarter of a pound of white sugar, half of the rind of a lemon, and a piece of cinnamon, boil it for fifteen minutes, put some slices of bread into a bowl, pour the milk over them, take out the lemon peal and cinnamon, and serve.

The lemon, cinnamon, and sugar, may be omitted, if you wish only plain milk soup, but a little salt must be added, and the yellow of three eggs dissolved in it, will make the soup much richer.

Wine Soup.

68. Roast until nearly brown, a plate of grated bread

with a good sized piece of butter, add some sugar, ground cinnamon and lemon peal, and very little water, boil it and stir until the bread is perfectly separated, add then a sufficient quantity of wine to make it quite thin; it is not to be boiled after the wine is put in.

Sweet Cider Soup.

69. This is prepared in the same manner as wine soup.

Caramelized Bread Soup.

70. Toast some thick slices of bread till they begin to be brownish, sprinkle them thickly with loaf sugar, pass a warm iron over the sugar till it is caramelized, [candied] cut the bread in square pieces, boil separately one quart of milk with sugar, and when ready to be served, dissolve the yellow of three eggs in the milk, pour over the bread.

Almond Soup.

71. Pour some boiling water over a quarter of a pound of sweet almonds, let them stand for a while, then take off the hulls and pound the almonds fine in a mortar, adding at intervals a few drops of water, and then a pint of milk, mix all well, put it in a clear cloth and squeeze all the juice out, make some rice or vermicella soup; when ready to serve, put the almond juice into it.

Barley Soup.

72. Take white barley, boil it for one hour and a half in broth, add a little salt and choped parsley to it. The same soup can be made with light broth, but do not use the salt and parsley, as the broth is made with them.—This soup is very good for consumptive persons.

Rice Soup with Herbs.

73. Wash four or five times a half pound of good rice in fresh water, put it in a pot with a gallon and a half of broth, take two stalks of celery, a hand full of cauliflower, three parsley roots, some leeks cut all fine, rince them, put all in a pot with a piece of butter and let it cook for a quarter of an hour, put the broth and rice with it, and boil all till well cooked. The broth may be mixed with a little sago for sick and convalescent persons.

Light Potatoe Soup with Cream.

74. Cut a few potatoes in thin slices, boil them in broth,

add very little salt, and one onion, cook till the potatoes are soft, mix a few spoonfulls of cream with it, pour the whole over some slices of toasted bread.

Cream Soup with Flour.

75. Make a brown sauce, (106) add some broth and a few spoons full of cream, pour the whole over some slices of bread.

Soup a la Tartuf.

76. Prepare the meat of a fowl as directed, (40) color with spinnage green, (24) thin the sifted porridge with a sufficient quantity of broth, warm it without boiling and pour it over toasted bread.

Chicken Soup.

77. Cut a well dressed old chicken in four pieces, put them into a pot with a gallon of water, when it begins to boil skim it, add a carrot and an onion, a small bunch of parsley, season with a little salt and a good deal of pepper, let it cook for two hours; pour the whole over some thin toasted bread, and color it with a spoonful of caramel. (23.)

Apple Soup.

78. Take one dozen of good apples, peal them and take out the cores, put them in a pot with a quart of water, a piece of cinnamon, the half of a lemon, cook it till the apples are well done, add a bottle of good wine and some sugar, let it boil a few minutes longer, roast some small pieces of bread with a little butter, put them with the apples, dissolve the yellow of three eggs in a little wine and mix all together; it is then ready to serve.

Cherry Soup.

79. Take two pounds of cherries, put them in a pot with a quart of water, the peal of one lemon, a piece of cinnamon and a little fine cut bread, cook it for half an hour, and when ready to serve add a pint of wine and a little sugar.

Lemon Soup.

80. Take two lemons, grate the rind on a half pound of loaf sugar, put the juice and the sugar in a quart of water with a piece of cinnamon and the juice of five more lemons, beat the yellow of four eggs and mix them with the soup; pour the whole over small pieces of bread.

PART III.

REMARKS ON DIET FOR SICK AND CONVALESCENT PERSONS.

There are many instances in which diet is entirely too much neglected. Hundreds and thousands of sick and convalescent persons render their condition worse, either by intemperance in eating, or by flattering the appetite with dishes unsuited to their situation.

Even persons enjoying the blessing of perfect health, will deprive themselves of it, if a due proportion be not observed between *injecta* and *dejecta*, or that which enters the system and that which passes off.

Sick and convalescent persons should be particularly careful to observe a strict diet both as regards quality and quantity. Under circumstances in which the system is debilitated and the cure has to be effected by nature, a slight excess in any one case will have the effect of preventing it from restoring the several organic functions to their natural and primitive condition, hence derangement after derangement will ensue, until a total extinction of all takes place, which causes death.

We hold *diet* to be the most wholesome physical prescription, the most powerful reliance to sick, *de vis medicatrix* of nature, and the grand regulator that maintains that equilibrium of the animal functions, which is called perfect health.

Sago with Meat Broth.

81. The sago is a feculent and gummous substance, produced by a kind of palm tree, common on the western shores of Asia. It must be washed in the boiling water and then boiled in broth, which should be added by degrees until the sago is entirely dissolved and forms a kind of jelly. This preparation is very nourishing and easily digested.

Sago with Wine.

82. Wash the sago as before, dissolve it in water, add the same quantity of white wine as was used of water to dissolve it, put some sugar to it, boil for one minute, and when ready to serve, add the yellow of two eggs; use lemon peal or cinnamon to give it a flavor.

Sago with Milk.

83. Wash the sago as before, boil it with milk, add a piece of cinnamon and sugar.

Salep.

84. Salep is made of a kind of orchis root pulverized, it is immaterial whether it is prepared for the sick, in broth, milk or water, a teaspoonful is sufficient for a cup full of drink; it may be aromatized according to the physician prescription.

Barley.

85. Soak the barley a few hours in cold water, boil it in meat broth till it is perfectly done, put it into a clean cloth and squeeze the pulp out.

Barley cream is prepared the same way, except that a little milk, sugar or syrup, must be added; it may be flavored with a little distilled water of orange flowers.

Potatoe Feculum Broth.

86. Potatoe feculum (105) is considered as a very light and wholesome soup. Take a cup of cold meat broth and dissolve a spoonful of feculum in it, pour then a quantity of boiling broth in it, stirring with a spoon, let it boil a few minutes. The same directions are to be observed in boiling it with milk; add a little sugar and water of orange flowers to give it a flavor.

N. B. If honey is added to the feculum, it loses its consistence and becomes perfectly liquid.

Oat Gruel.

87. Mix a spoonful of fresh oat meal in a cup of meat broth, and let it boil ten minutes. The same directions are to be observed if milk is used, but it needs then a little sugar and some distilled water of orange flowers to give it a flavor.

Panada.

88. Boil a little soft bread with as much water as will bring it to the consistence of mush, thin it with water, add a little salt and butter, and let it boil three minutes.—It may be rendered more nourishing by adding the yolk of an egg.

Panada for young Children.

89. Boil some light bread with water to the consistence of mush, thin it with milk, warm it without boiling, and add a little sugar.

Corn Meal Gruel.

90. Boil a spoonful of corn meal in a pint of water for half an hour, and add a little salt.

Corn Meal Gruel with Milk.

91. Boil a spoonful of corn meal in a half pint of water, and as much milk, for half an hour, add a little salt or sugar.

Corn Meal Gruel with Eggs.

92. Make the gruel as above, when boiled, dissolve the yolk of an egg in it. This gruel is more nourishing than others. It may be prepared with milk or water.

Chicken Broth for Sick.

93. Take the half of a chicken, break the bones, boil it for an hour and a half with a half gallon of water, add a little salt.

Sweet Chicken Broth.

94. Make broth as above directed, boil two figs and an ounce of raisins with it, sift the whole.

Cooked Veal Broth.

95. Take a half pound of lean veal, cut it in small slices, put it into a pot with a hand full of chervil, two small heads of salad and a few leaves of wild succory, pass the broth through a seive. This broth is nourishing and slightly purgative.

To Make Rice Flour.

96. As it is difficult to procure good rice flour, it is preferable to use that which is made in the following manner: Wash the rice, then boil it till it swells, put it in a seive and let the water drain off, after this spread it over paper and dry it in the sun, when perfectly dry pound it in a mortar. By this process you will obtain excellent flour, always ready for use, in broth, &c. &c.

With this flour, creams or soups, either with milk or water, may be prepared. It is also used as above to stop diarrhœa.

Egg Milk.

97. Mix well the yolk of an egg with a spoonful of fine loaf sugar, and a little water of orange flowers, pour the mixture into a cup of warm water, and let it be used immediately.

Barley water for Gargle.

98. Wash some barley, boil it until the grains burst

open, filter the water and add a little honey and vinegar.

Herb Broth.

99. Chop a handful of sorrel, as much young leeks, and half as much chervil, let it cook a little while, add a quart of water, a little salt and butter, boil it half an hour and pass it through a seive. The broth of the herbs is very cooling and gives an appetite.

Strengthening Wine Soup for convalescent persons.

100. Roast a few slices of bread with a small piece of butter, put them in a bowl, pour a tumbler full of good warm claret wine over it, sweeten with loaf sugar. A few spoonfuls of this soup will relish any person standing in need of strength, but it might induce to constipation for weakly persons, if too much is taken at once.

To Make Whey.

101. Take a pint of sweet milk, warm it a little, add a half teaspoonful of rennet to it, after the curd is formed, take the thick part off, put the thin part in a cloth and let the whey drain through it. Whey prepared in this way contains no acid, and is not heavy on the stomach. It is a cooling and nourishing beverage.

Diet Drinks.

102. The drinks of which roots, fruits and grain, are the principal ingredients, must be made by decoction; that is, by boiling in water.

Those which are composed of leaves, flowers, &c., are made by infusion; that is, by pouring over them boiling water.

If both are to be used at once, boil the first and pour the decoction over the latter which unites the two processes. For example: Take a bunch of liquorice root cut in slices, the half of an apple, three prunes and a few raisins, boil them half an hour, (this is the decoction) pour it over eight or ten wild succory leaves, coarsely chopped, let it stand fifteen minutes, strain it through a clean cloth. This drink is easily prepared, very pleasant, cooling, and slightly purgative, almost any person may use it with benefit.

To make Animal Jellies.

103 The membraneous, cartilagineous and oseous parts of animals are those which yield the greatest quantity of jelly, but this is unsavory if the muscular parts are not used and that which is more palatable and easily digested.

Take one pound of lean beef, cut it in small pieces, a chicken cut in four pieces, and a leg of veal, put all into a pot with three pints of water, boil and skim it carefully, add three carrots, two onions, some celery and salt, boil over a slow fire for four hours, sift the whole and let it cool, put the white of two eggs to it, boil it again and skim it, when a little of it dropped on a plate becomes hard in cooling, it is sufficiently done, pass it through a seive and let it cool. This jelly is excellent for convalescent persons—it is wholesome and nourishing—it may be flavored with lemon juice, &c.

Broth Tablets.

104. Take two pounds of beef broth, (25) three old chickens, ten pounds of lean beef, ten pounds of veal and four calves feet, break the bones, put all into a large iron pot, add water enough to cover it, when it begins to boil, skim carefully, let it boil slowly, add four onions, four carrots, some parsley and celery, four laurel leaves, half an ounce of grated nutmeg, a teaspoonful of whole pepper, a little salt, and a half ounce of dissolved isinglass, take off the fat as fast as it rises, and as soon as the meat is tender enough to be easily divided with the fingers take it off the fire, squeeze while quite warm through a towell, let it stand for two or three hours, and take off the fat which is on the top, put it again into the pot taking care not to disturb the sediment, make a strong fire under it and stir constantly till it becomes thick, put it then in a large dish, about half an inch deep, when it is perfectly cold, cut it into little blocks about an inch square, let them dry on a seive, and when perfectly dry, wrap them separately in fine paper. These tablets are excellent for sick persons, and very convenient for travellers as a substitute for soup—they need only to be dissolved in boiling water.

Potatoe Feculum.

105. As it is difficult to get a good article of this kind, and as it is very useful for children and sick persons, I think it necessary to explain the manner of making it.

Take potatoes, wash them well several times and peal

them, grate them on a large grater, let them fall into a tub of water from the grater, when the tub is full, pour it into a fine seive placed over another tub, drain off the water and the feculum will be formed in the bottom of the tub, put some fresh water to it, let it stand fifteen minutes, stir it a little, sift again as before, four or five times, until it is perfectly clear, and the last time let it stand half an hour, draw off the water, spread the feculum upon fine linen cloth, when it begins to dry move it a little occasionally, and when it is perfectly dry put it into boxes which must be kept in a dry place.

PART IV.

SAUCES.

Brown Sauce.

106. Melt a piece of butter, add a little flour, stir until it gets brown, then put some water or meat broth (25) to it.

White Sauce.

107. This has to be done as above described, except that it has to remain white. These two receipts will enter in a great many sauces.

Composed White Sauce.

108. Boil a half spoonful of flour, or potatoe feculum, (105) with as much water as will bring it to the consistence of mush, add some salt, pepper, a little grated nutmeg, and a piece of fresh butter; when ready to serve, add a little vinegar or lemon juice.

White Sauce for Fish.

109. Do as directed, (107) add some small onions, a little salt, some fine choped parsley, and a few yellow of eggs beaten in meat broth, stir constantly until it becomes thick; when ready to serve add a little vinegar.

Cream Sauce.

110. Do as prescribed, (107) add some choped parsley and one shalot, season with salt, pepper, and grated nutmeg, put a spoonful of cream to it, stir constantly for a quarter of an hour.

White Fish Sauce with White Wine.

111. This is to be prepared like 108, except that the yellow of eggs have to be beaten in white wine, and when the sauce is done, to be passed through a seive and poured quite warm over the fish.

Brown Fish Sauce with Red Wine.

112. Do as it is directed, (106) add some meat broth, a little salt, pepper, a few cloves and two laurel leaves all pulverized, the rind of half a lemon cut in slices, a few whole onions, a bottle of claret wine, boil a few minutes, and when ready to serve, seive the sauce, and mix the yellow of two beaten eggs and a small piece of butter to it; pour the same over the fish.

English Fish Sauce.

113. Take a good piece of fresh butter, mix it with the yellow of four eggs, add a little salt, some grated nutmeg, a teaspoonful of sugar and two spoonfuls of water. When the fish is ready to be served, warm the sauce (but do not boil it) and pour it over the fish.

Mock Fish Sauce.

114. Do as directed, (107) add some fine cut onions, a little salt, a pint of milk, boil a quarter of an hour, add the yellow of two beaten eggs when ready to be served.

Capre Sauce.

115. Make this as directed, (108) and add a spoonful of capres.

Sauce a la Maitre d'hotel.

116. Knead together some butter, parsley and shalots cut fine, add a little salt, pepper, and some lemon juice, put this mixture cold over your vegetables, fish or meat.

Sauce Bechamel.

117. Take a half pound of fresh veal, a quarter of a pound of lean ham, cut both in small pieces, add two carrots, two onions cut in slices, two cloves, one laurel leaf, two shalots, some parsley and chives cut finely, season with salt, pepper, and grated nutmeg. Make a brown sauce, [106] add a pint of milk, boil slowly, stirring constantly; if it should become too thick add a little more milk, and pass it through a seive.

Italian Sauce.

118. Put into a stew pan two ounces of butter, and a half bottle of white wine, add some chopped parsley and

shalots, boil till the sauce is three parts reduced, add some meat broth and brown sauce. [25 106]

Roman Sauce.

119. Do exactly as for the sauce, [108] but instead of milk, take cream in which the yellow of six eggs are beaten; pass all through a seive.

Tomato Sauce.

120. Put one dozen of well washed ripe tomatos in a pot, add a good piece of butter, four large onions cut in pieces, a pint of broth, some parsley, a laurel leaf, two cloves, a little salt, pepper and grated nutmeg; when the same is getting thick pass it through a seive.

Marmalade Sauce of Tomatos.

121. Take a spoonful of tomato marmalade, [19] dissolve it in a pint of meat broth, add a piece of butter and a little grated nutmeg; warm until the sauce gets about half boiling.

Languedocien Sauce.

122. Warm two spoonfuls of olive oil, chop a few shalots and mushrooms, add a teaspoonful of flour, a few spoonfuls of broth and as much white wine, season with a little salt and grated nutmeg; boil for a quarter of an hour.

Sauce without Butter.

123. Mix the yellow of three eggs with six spoonfuls of olive oil, season with a little salt, pepper and grated nutmeg; put the pot upon warm ashes and let it get a little more than milk warm.

Mayonnaise Sauce.

124. Put the yellow of two eggs in a bowl, add a little salt, the piece of a lemon, and very little olive oil, stir constantly until it gets thick; serve with fish, fowls, or cooked vegetables.

Dutch Sauce.

125. Roast in a little butter some scraps of chicken or veal, two carrots and onions cut in slices, when the onions begins to be a little yellowish, add a little flour and a pint of meat broth, (25) season with pepper, grated nutmeg, one laurel leaf and two cloves, cook for half an hour; pass it through a seive and mix the yellow of two egs with what has passed.

Shalot Sauce.

126. Chop finely eight shalots, put them in a pot with a half tumbler full of vinegar, season with salt, pepper, grated nutmeg, one laurel leaf and a spoonful of meat jelly, reduce it to half, and when ready to serve, add a spoonful of olive oil.

Sauce Robert.

127. Slice a half dozen of onions, put them into a stew pan with a large piece of butter, let them get yellowish, add a half spoonful of flour, a quarter of a gallon of broth, and a little vinegar, season with salt and pepper, reduce it to the thickness of porridge; when ready to serve, mix a spoonful of mustard with it.

Chopped Sauce.

128. Chop together some parsley, two shalots and four mushrooms, boil a few minutes in six spoonfuls of vinegar, add a little brown sauce and a pint of meat broth; when ready to serve, add a spoonful of capres and a little butter.

Pungent Sauce.

129. Cut two onions in pieces, roast them in butter till they become yellowish, add a little flower, a few spoonfuls of broth and a half tumbler full of vinegar, season with a little salt, pepper, and grated nutmeg, parsley, chives, chervil, all tied up in a bunch; boil slowly till the sauce becomes a little thick; and pass it through a seive.

Another Pungent Sauce.

130. Do as described above, but when ready to serve, add a piece of butter and the juice of a lemon. If the lemon juice is left out, a spoonful of parisian mustard will heighten the pungency.

Provincial Sauce.

131. Beat the yolk of an egg with six spoonfuls of olive oil, add a teaspoonful of pulverized loaf sugar, when the oil is getting thick, add as many spoonfuls of mustard with some chopped parsley, chervil and chives, beat altogether till it gets as thick as mush; add a little salt and serve it separately.

Kari Sauce.

132. Melt a spoonful of butter, add a half spoonful ka-

ri powder, (22) let it get a little brown and put a little meat broth to it.

Creole Sauce.

133. Put into a bowl six hard yolks of eggs and as many spoonfuls of olive oil, add a little salt and a half spoonful of kari powder, mash all thoroughly, and thin it with some vinegar. This sauce is commonly served with cold fish, pigs feet, tripes and other cold meats.

Spanish Sauce.

134. Put into a pot a half pint of white wine and as much broth, add two carrots, two onions, some parsley, chervil, and a little garlic, season with salt, pepper, and grated nutmeg, add two spoonfuls of olive oil; boil for an hour over a slow fire, and pass it through a seive.

Land Lady Sauce.

135. Fry a few sliced onions, mushrooms, one sliced carrot and a little garlic, in butter; add some chopped parsley, a tumbler full of white wine, and as much meat broth; season with salt, pepper, and grated nutmeg, boil slowly for three quarters of an hour, pass it through a seive, boil a cup full of grated bread in a pint of milk, and mix with the sauce.

Roasted Mutton Sauce.

136. Take the juice of your roasted mutton, add a half pint of white wine, a little salt, pepper, and a good deal of grated nutmeg, (this taste must prevail) boil a quarter of an hour, and when ready to serve, add the juice of half a lemon.

Sauce for Brine.

137. Take vinegar, white wine, and meagre broth, (52) each of equal quantity, season with salt, pepper, and allspice. The juice of a lemon would be a good substitute for the vinegar.

Superior Sauce.

138. Take all the jellies of the meats which have been left the day before, either from beef, veal, mutton, or poultry, add more or less meat broth, reduce it to half; when ready to serve, put a little chopped parsley and the juice of a half lemon to it; and mix all well.

Sauce for Game.

139. Put into a pot a half pint of white wine, as much broth, the juice and the rind of a lemon, a spoonful of grated nutmeg, two spoonfuls of butter, some parsley, and one laurel leaf, season with salt and pepper, boil for half an hour, and before it is served, take the greens and the laurel leaf out. This sauce may be used with fish, beef, veal, mutton and pork, if they have been in a brine as indicated. (281)

Carp Sauce.

140. Lay some slices of bacon in the bottom of a pot, put the fish on it, add two carrots and four onions cut in two, some parsley, chervil, salt, pepper, two cloves, a little grated nutmeg, and a half pint of white wine, boil slowly and reduce to half, add again a half pint of wine and as much meat or meagre broth. (25 or 52) boil for an hour, and pass through a seive.

Observation.

141. Many of these sauces may be used with boiled meat or vegetables of any sort.

PART V.

BEEF.

Boiled Beef.

142. Lard thoroughly with a few slices of bacon, a lean piece of beef, boil it for three hours; serve it with some branches of parsley around the plate. Pickled cucumbers, beets, corn as described (3) or mustard, will very well answer.

Anchovis sauce for Boiled Beef.

143. Soak a few anchovis in fresh water, take the bones off, chop the flesh and toast it with a little butter and flour, add a few cucumbers cut in pieces, some broth, and season with pepper and grated nutmeg, cook it slowly.—When ready to serve, add a spoonful of capres to the sauce. Serve it in a separate bowl.

Boiled Beef with Tomato sauce.

144. Prepare a tomato sauce, (119) serve separately.

Beef Tongue in Paupiette.

145. Clean a Beef tongue, cut it in thin slices, cover them with veal gravy and a broken egg, roll the slices up and surround them with thin slices of bacon, fry them in

lard, and when they are getting yellowish, sprinkle them with a little grated bread; serve with a pungent sauce. (129 or 130.)

Beef Tongue in slices.

146. Wash and clean the tonge as above mentioned, boil it half an hour, cut it in slices of the size of a finger, put them in a stew pan, add a little parsley, chives and mushrooms, all cut fine, season with salt and pepper, add a piece of butter, cook on a slow fire, and when it is almost done, put a half pint of white wine and a little lemon juice to it.

Beef Tonge—French fashion.

147. After the tongue has been cleaned, rub it all over with fine saltpeter, put it in an earthen pot with some thyme, basil, laurel leaves, and unground pepper, cover it with salted water, let it stay for four or five days, cook it with the half of the brine, let it get cold and serve it in thin slices.

Beef tongue in seasoned brine.

148. Clean well your tongue, put it for a week in a seasoned brine, (199) and boil it in the same until it is tender.

Beef tongue with a brown fish sauce.

149. Boil a cleaned and fresh beef tongue until perfectly tender in a brown fish sauce. (111.)

Beef Brains with butter.

150. Soak a beef's brains in fresh water, change the water until free from blood, put it in a stew pan covered with some slices of ham, a laurel leaf, a fine cut carrot and onion, some parsley and chives, season with salt and pepper, add a half pint of white wine and half as much meat broth, [25] cook it on a slow fire for half an hour; serve with black butter and a little chopped parsley sprinkled over it.

The way to make black butter, is to put the butter in a pan and to let it broil until it comes to a dark brown, then to add a little vinegar, salt and pepper.

Beef Brains in Marinade.

151. Cook the brains as described above, mix four spoonfuls of flour in milk-warm water, a little butter, salt, and two beaten eggs, make a thin dough, cut the brains in small pieces, soak them in the dough, fry them until yellowish. If a little brandy is added to the dough, it helps the taste.

Beef Brains with Tomato sauce.

152. Cook the brains as described, (150) cover it with tomato sauce. [119]

Beef Brains a la Mayonnaise.

153. Cook as above directed [150] cover it with mayonnaise sauce.

Observation.

The beef brains may be prepared in many other ways. The cooking is always as prescribed. [150] All the difference consists in the choice of the sauce.

Beef Palate in slices.

154. Pour hot water on the palate, grate off the thin membrane which covers it, boil until tender, cut them in slices of the size of a finger, toast a sliced onion in butter, add the slices and some meat broth or water, season with salt, pepper, parsley, and chives, reduce the sauce to half; when ready to be served, add some pepper and mustard. (13)

Fried Beef Palate in seasoned brine.

155. Clean it as described above, cut it also, put the slices side by side in an earthen pot, season every layer with salt, pepper, two cloves, one laurel leaf, and a sliced shalot, cover with vinegar, and let it stay for four days, kneath together a little flour, a spoonful of olive oil, two yellows of eggs, beat the white of them with some white wine, and add as much to it to bring it to the consistence of cream; roll the slices in the dough and fry them until yellowish.

Fried Beef Palate with a pungent sauce.

156. Prepare it as above, add a little lemon juice; surround the slices with fine grated bread, fry until they get yellowish; serve with a pungent sauce. (129 or 130.)

Beef Palate with white sauce.

157. Clean it as directed, (154) boil in milk, add a little flour, cream, salt, and powdered nutmeg.

Broiled Palate.

158. Do as described, (154) add a little olive oil, season with salt, pepper, parsley, chives, mushroom, a little garlic, and the juice of a lemon, soak it well in the brine,

roll it in grated bread; broil it in butter and serve with a pungent sauce. (128.)

Beef Tail with porridge.

159. Cut a beef tail in pieces and simmer it, put some slices of bacon in the bottom of a pot, cover them with the pieces of the tail, add carrots, onions, parsley, chervil, and basil, season with salt, pepper, and a few cloves, cook on a slow fire: when it is well cooked and ready to be served, cover with some bean, peas, or other porridge.

Beef Tail with Tomato sauce.

160. Do as above, when cooked, cover with tomato marmelade. (19)

Beef Tail a la sainte Menehould.

161. Cut the tail in three pieces, cook it as 159, let it get cold, sauce them in a brine composed of olive oil, salt, pepper, parsley, chives, and a little garlic, all chopped fine, roll them in grated bread and broil them. This dish may be served with onion, root porridge, or mushroom ragout.

Beef Tail a la Matelotte.

162. Cut the tail as described above, boil it for one hour and a half, take some brown sauce, (106) add a half dozen small onions, a pint of white wine, a little parsley, chives, chervil, salt, pepper, and three cloves; when the onions are well cooked, toast some thin slices of bread in butter, put them in a plate and place the pieces upon them, pour the sauce over it.

Beef Mouth in salad.

163. Take the mouth of a beef, scald it in lie, wash in fresh water, put it in a pot and cover it with water, boil two hours, add one onion, some parsley, chervil, and two laurel leaves, season with salt and pepper, boil half an hour longer, wash in warm water, let it get cold, loose the meat from the bones, cut it in very thin slices, put it in a salad dish with some fine chopped onions and chives, sprinkle it with salt and pepper, add some good vinegar, and mix well. This salad is relishing and preferable to pickled pigs feet. It may be served also with a pungent sauce, if the onions and the vinegar are omitted.

Red beef or beef a lecarlate.

164. Take a piece of beef of four or five pounds, rub

it all over with one ounce of saltpetre, lard it with thin sliced bacon, put the piece of meat in an earthen jar, add some juniper berries, thyme, basil, pepper and cloves, sprinkle with a little salt and brown sugar, let it stay eight days, turn the piece of meat every day, then wash it in fresh water before it has been cooked, wrap it up in a clean cloth, boil it in half water and half red wine, add some small onions, two carrots, a half garlic, some parsley, chives and chervil. If the piece is large it needs four hours boiling. Before it is served, the outside has to be cut off by thin slices to show better its color. It may be served with any kind of pickles or pungent sauce.

Beef a la Braise.

165. Cover the bottom of an earthen pan with sliced bacon, place a piece of lean beef upon it, add some small carrots, a few onions and a little parsley, season with salt, pepper, and two cloves, add a pint of broth and half as much white wine, cover the pan with live coals, cook it on a slow fire; when cooked, take off the fat and serve with some cooked vegetables around the piece of meat.

Plain beef a la Mode.

166. Put the piece of beef in a brown sauce, (106) add a sufficient quantity of broth, (25) a sliced carrot and onion, season with salt and pepper; cook slowly, and before it is served, take the grease off.

Another beef a la Mode.

167. Season some slices of bacon with salt, pepper, grated nutmeg, and three powdered cloves, add some parsley, chives and thyme, cut the slices in length, and lard the beef thoroughly, rub it with the same seasoning, put it in a stew pan with some sliced onions, carrots, celery and broth, let it simmer seven or eight hours, turn it four or five times; when almost cooked, add a half pint of claret wine, and the juice of a half lemon; serve with the vegetables arranged around the piece of meat.

To stew a Beef rump.

168. Toast some sliced onions in butter, season with salt, pepper, alspice, nutmeg, maze and cloves, all pulverized, add one sliced carrot, turnip, and a little celery, cover with broth, and when nearly cooked, put a half pint of claret wine to it. Catsup or mustard will add to its pun-

gency. When ready to be served, spread a little chopped parsley, thyme, chervil, and tarragon over it.

Beef a la Braise, or a leffuce.

169. Put some slices of bacon in the bottom of a large earthen pan, lard thoroughly some beef steaks, place them upon the sliced bacon, add carrots, onions, parsley, chervil, civet, tarragon and chives, all tied in a bunch, season with salt, pepper, and two cloves, cover with half broth and half white wine, cook slowly. When ready to be served, put some kind of cooked vegetables around the plate. If it has to be served cold, separate the steaks from the sauce, let it get cold and take the jelly from the grease, put it around and over the steaks. The bunch of greens has to be taken off before the jelly is formed.

Broiled beef Callops.

170. Take off all the bones of a beef rib, pound the meat, surround it with some melted butter and fine grated bread, broil it for three quarters of an hour; serve with a pungent sauce, (129) or with parisian mustard. (15)

Sliced beef with wine sauce.

171. Slice thinly a lean part of the beef, beat it until the fibres are almost divided, fry them a little with butter and flour, add a choped shalot, salt, pepper and alspice, with the juice of a lemon and its rind cut in slices, boil in broth and add a tumbler full of white wine; serve very warm.

Beef ribs a la braise.

172. Put some sliced bacon in the bottom of a pot, lard the ribs thoroughly, put them in the pot, cover them again with sliced bacon, add some carrots, onions, parsley, chervil, civet, tarragon and chives, all tied in a bunch, season with salt, pepper, and two cloves, put a pint of broth and as much white wine to it, cook slowly, and when done, take the fat off, and set the carrots around the plate.

Beef surloin a la braise.

173. Cook it as described in the above receipt; when ready to be served, add a spoonful of tomato marmelade. (19)

Beeftecks au naturel.

174. Choose the most tender part of lean beef, cut it in slices about an inch thick, beat them, grease a stew pan, put the beeftecks in it, broil them quickly and turn them several times; serve with a piece of butter kneathed with fine choped parsley, chervil, chives and civet; season with a little salt and pepper. When ready to be served, squeeze a little lemon juice over it.

Beeftecks with potatoes.

175. Prepare a piece of beef as directed above, cook it also, fry some long sliced potatoes, put them around the meat; serve with cressen or tomato sauce.

Beef Steak.

176. Lard thoroughly a fine piece of beef with some sliced bacon, seasoned as indicated for the beef a la mode, (167) cover the bottom of a pot with thick slices of fat ham, veal and roasted poultry, place the beef upon it with a few small carrots and onions, a bunch of parsley, chervil, chives, and civet; season with a little salt, pepper, and a few cloves, add a bottle of claret wine and a half pint of brandy, cook on a slow fire. If the beef has to be served warm, take the fat off and dissolve two spoonfuls of marmalade (19) into the sauce. If the meat has to be served cold, let the gravy get cold, take the fat off, and serve the jelly around the plate and upon the meat.

Minced roasted beef.

177. Take all the scraps of your roasted beef, chop it fine and toast it with a piece of butter and a little flour, add some broth and white wine; season with salt and pepper; serve with fried eggs upon the mince.

Minced beef a-la toulousaine.

178. Boil two beef brains in water, chop it fine with some roasted beef, add a little butter and the yellow of two eggs, season with salt, pepper, and grated nutmeg, mix all well, form some balls of the size of a nut, roll them in grated bread and fry them in hot butter; serve with a pungent or tomato sauce. (119 129)

Beef sirloin a la bourgeoise.

179. Toast the sirloin in a brown sauce, add a half pint of broth and as much wine, season with salt, pepper, grated nutmeg, a shalot and some parsley, cook it until the sauce is reduced; when ready to be served, add a little fresh butter to it. If roasted beef has to be boiled, it will become hart, but if the boiling is continued on a slow

fire, the meat will get tender, and will be much more impregnated with the seasoning.

Beef a la Champenoise.

180. Boil a piece of a beef rib until it is about half done, let it get cold and lard it, put it in a pan, add some broth, and vinegar, season with salt, pepper, grated nutmeg, one choped onion, some parsley, chives and chervil, all choped fine, boil until the meat gets entirely tender.

Stuffed beef steaks.

181. Take some thin slices of lean beef, beat them, chope some scraps of fowls, veal, ham, parsley, onions and mushrooms, season with salt, pepper, and grated nutmeg, mix with four yellow of eggs and a little cream, put this stuffing over the slices and roll them up, cook them in a braise as indicated for the beef rib, (172) when ready to be served, add a spoonful of tomato marmalade. (19) If it has to be served cold, let the sauce reduce, pass through a seive, put it in a plate, then place the rolled steaks over the sauce.

Beeflecks with Madeira wine.

182. Melt a piece of butter in a stew pan, put the beeftecks in it, sprinkle them with a little salt and pepper, turn them often; when almost cooked, add a half pint of madeira wine with a spoonful of meat jelly; reduce the sauce, and when ready to be served, pour it over the beeftecks.

Beef ribs with onion porridge.

183. Cook a piece of a beef rib as directed, (176) when it is well done, put it on a plate and cover it with warm onion porridge.

Beef rib—farmers fashion.

184. Lard thoroughly a beef rib, put it in a stew pan with a piece of butter, season with salt and pepper, broil rapidly; when it begins to take color, keep it over a slow fire, broil until it is perfectly done; serve with cucumbers, (1) or tomato marmalade. (19)

Beef rib a la Marseillaise.

185. Put four spoonfuls of olive oil in a stew pan, let it get hot, put the ribs to it, turn them often until they become yellowish and well cooked, put them on a plate, fry some large slices of onions, and when they begin to be a little brown, add a few spoonfuls of broth; pour this sauce over the ribs.

Beefsteaks with oyster sauce.

186. Have some well seasoned and broiled beefsteaks, strain the liquor of one dozen of oysters, grate the rind of a lemon over it, simmer the oysters into the liquor for four or five minutes, add some butter, a little fine grated bread, the yolk of an egg beaten in milk, boil it one minute more, and pour it over the steaks.

Beef a la vinaigrette.

187. Take a piece of boiled beef, put it in a stew pan with a half pint of water and as much white wine, add some parsley, chevril, celery, and one onion cut in two; season with pepper, cloves, and grated nutmeg; reduce the sauce and add a little vinegar.

To clean a tripe.

188. Rinse a tripe until perfectly clean, cut it in eight or ten pieces, scald three or four pieces at once with some strong boiling lye or water, scrape all the surface until it is perfectly white, put the pieces in fresh water, rinse and change the water three or four times, boil a sliced lemon with a quart of water, pour it over the tripe, let it stay for several hours, (this is to give it a pleasant flavor before it is cooked) cook it as directed. (189) Tripes prepared in this manner will be as white as snow.

Tripe fashion alsacienne.

189. After the tripe is well cleaned and washed, wrap it in a coarse cloth, put it in a kettle, cover the pack with water, add some onions, laurel leaves, parsley, thyme, a little garlic, salt, unground pepper, and a few cloves, boil it four or five hours, cut it in thin pieces half as large as a hand, mix a little salt, pepper, some chopped parsley, chives, and the juice of a lemon, with a piece of butter, cover the pieces of tripe with this dough, roll them in grated bread and fry them in butter; serve with a pungent sauce. (125.)

Tripe with a robert sauce.

190. Cook the tripe as directed above, cut it also, and put it in a robert sauce, (127) cook it for a half an hour, and serve with mustard.

Fried Tripe.

191. Do as afore said, cut it in thin slices of the size of a finger, dip them in a batter composed of flour, the yellow of a few eggs, a little madeira wine, and a spoonful of brandy, beaten all together, and fry them in butter.

Tripe with cream sauce.

192. Cook the tripe without spices, prepare a cream sauce, (119) and mix.

Tripe with white fish sauce.

193. The tripe has to be cooked as 189, and the sauce to be prepared as 109.

Tripe with oyster sauce.

194. Cook them as directed, (189) prepare an oyster sauce, pour it over the thin sliced tripes.

Tripe a la vinaigrette.

195. Cook the tripe as 189, cut it also, pack it in a stone jar, sprinkle a little salt and pepper over every layer, continue in this manner until the jar is nearly full, pour some strong vinegar over it, keep it covered with vinegar, change this some times, and serve with mustard or catsup.

Tripe with sour-crout and horse-radish.

196. Do as prescribed, [189] but cook it only half as much, pack a layer in a barrel, sprinkle a half hand full of salt and a half spoonful of pepper over every layer, cover it with seasoned sour-crout, [8] about three inches deep, sprinkle a pint of fresh grated horse-radish over the sour-crout, pack it closely, begin again with the tripe and continue as above mentioned until the barrel is nearly full. When it is to be used, wash several times the sour-crout and horse-radish, cook it for two hours. The tripes must be washed too; they may be cooked with the vegetables, or served separately with vinegar. This dish is particularly useful for ships on a long voyage; it is a great antiscorbutic, and has been proved as a specific for that complaint.

Beef liver with herb sauce.

197. Chop some sorrel, parsley, chives, chevril and basil, toast all in a brown sauce, add a thin sliced beef liver, season with salt, pepper, and a little powdered cloves, broil it slowly, turn the slices once, and when they cease to be red, put them on a plate and add a few spoonfuls of broth to the herbs, cook a few minutes longer, and pour the sauce over the slices.

Beef liver a la braise.

198. Wash a beef liver in hot water, lard it thoroughly with some slices of seasoned bacon, cover the bottom of the pan with thick slices of the same, put the liver upon it, add carrots, parsley, chives, chevril, and two onions, sticked with a few cloves, season with salt, pepper, and grated nutmeg, cover the liver again with some slices of bacon, add a pint of broth and as much white wine. If no broth, neither wine is on hand, take some water and a little vinegar, cook it slowly, take the fat off, and serve it with the sauce, put some slices of pickled cucumbers around the plate.

Beef heart in brine.

199. Cut a beef heart in two slices as thick as a finger, lay them in a jar side by side, season with a little salt, pepper, grated nutmeg, a few cloves, and a half teaspoonful of powdered corriander seed, add a few slices of onions, three laurel leaves and the rind of a half lemon, make two or three layers, cover it with strong vinegar, let it stay four or five days, cook it in the same brine until it gets very tender, add a piece of butter and some water; when cooked, pass the sauce through a seive and pour it over the slices,

Beef heart with a brown fish sauce.

200. Boil a beef heart two hours, cut it in four pieces and cook it a half an hour longer in brown fish sauce. (111)

PART VI.

VEAL.

Calf's feet au naturel.

201. Scald the feet of a calf with boiling lye water, clean them well, wash them in fresh water, drain it off, sprinkle with very little saltpeter, let them stay for two hours, put them in boiling water, season with salt, unground pepper, a shalot and a bunch of parsley, chevril

and tarragon, cook it for an hour and serve it with a pungent sauce, (129) catsup, mustard or vinegar.

Calf's feet a la poulette.

202. Clean them as directed in the preceding receipt, cook them in water until they get very tender, take the bones off, put the meat in a stew pan with a piece of butter, a few mushrooms, a little parsley, chives, a shalot and a husk of garlic, all chopped fine, season with salt, pepper, and two cloves, add a little flour, a quarter of a pint of broth, and a few spoonfuls of white wine, cook it over a slow fire, and when the sauce is half reduced, mix three yellow of eggs with the juice of a lemon, add it by little and little to the sauce, and serve it immediately.

Fried Calf's Feet.

203. Boil a pint of vinegar with some salt, pepper, two shalots, some parsley, chives, thyme, basil, and two laurel leaves, pass this brine through a seive and let it get cold, cook the feet in water, unbone the meat, cut it in pieces and put them in batter as described, (191) and fry them rapidly in butter.

Calf's head au naturel.

204. Soak a calf's head in fresh water until entirely free from blood, boil it half an hour, skim it carefully, put it in fresh water, loose the meat as close as possible from the bones, keep all in one piece, rub it with lemon juice, put one side upon the other, wrap it in a thin cloth and tie it, cook it for an hour with the same ingredients as prescribed for the calf's feet au naturel; (201) serve it also, or with a kari sauce. [132]

Stuffed calf's head.

205. Clean it as directed in the above receipt, take the brains, the tongue, the thickest part of the check, a piece of lean ham, some parsley and chevril, chop all fine and pound it in a mortar with the yellow of three eggs, add two spoonfuls of brandy, season with salt, pepper, and grated nutmeg, put the head on a clean cloth, the ears bended under, cover it with the stuffing, put both sides together, wrap it closely up and tie it, cook it with half white wine and half broth, add some parsley, chevril, one carrot, four onions, a husk of garlic, three cloves, the half of a lemon without the kernels, a little salt and pepper,

cook it on a slow fire for two hours, take the cloth off and put it on a large plate, the ears raised up; when ready to be served, squeeze the juice of a half lemon over it.

Calf's head a la turtle.

206. Take all the rest of a cooked calf's head, the kidney, the lungs, liver and heart, of a chicken, add a half pint of broth and half as much white wine, add some sliced cucumbers, the yellow of hard eggs with the white sliced finely; when the same is a little over half reduced, serve it in a deep plate.

Fried calf's head.

207. Boil a calf's head for two hours, cut the meat in pieces, put them for one day in a brine, [201] dip them in a batter, [191] and fry them moderately.

Calf's head a la sainte menehould.

208. Mix a piece of butter with a half spoonful of flour, some salt, pepper, three yellow of eggs, some broth and a little vinegar, put it over a slow fire, stirring constantly until the same gets very thick, cover with this sauce your pieces of boiled calf's head, roll them in a good deal of grated bread, grease an iron pan and back them in an oven.

Veal brains en matelotte.

209. Do as directed above, and when cooked, cut it in pieces, dip them in a batter composed of flour, a few yellow of eggs and cream, season with a little salt and pepper, and fry in hot butter.

Other fried veal brains.

211. Prepare it as above, dip the pieces in beaten eggs and roll them in grated bread mixed with some fine chopped parsley, and fry it rapidly.

Veal brains a la braise.

212. Soak the blood off the brains, cover the bottom of a stew pan with some slices of bacon, add a half pint of white wine, two carrots cut in pieces, two onions, two cloves, some parsley and chevril; season with salt and pepper, and cook the brains for a half an hour.

Veal brains with white sauce.

113. Clean the brains as before, put it in a stew pan with a half pint of white wine and as much broth, add a bunch of parsley, a few very small onions, season with

salt, pepper, and three cloves, boil for half an hour, put the brains on a plate, take off the parsley, place the onions around the brains, make a white sauce, [107] mix three yellow of eggs with it and a little water; grate some nutmeg over the mixture, boil this sauce for one minute, and pour it over the brains.

Veal brains in paper cases.

114. Prepare the brains as described, [209] form some round cases of white paper, grease the inside with melted butter, take a few shalots, some bacon, grated bread and parsley, chop all extremely fine, season with salt and grated nutmeg, put a little on the bottom of each case, place a piece of the brains upon them, sprinkle them with grated bread, put a small piece of butter over, and bake them in an oven. If they should become too dry, add a half spoonful of the sauce to every case.

N. B. Beef brains may be treated in the same manner as for the veal brains, except they must boil a quarter of an hour longer.

Veal ears a la sainte menehould.

215. Scald some veal ears, clean and wash them in fresh water, put some slices of bacon in the bottom of a stew pan, place the ears upon, and cover again with sliced bacon, add a few spoonfuls of white wine, a little broth, a bunch of parsley, two carrots and the half of a lemon cut in pieces, cook on a slow fire until tender, dip them in beaten eggs and roll them in grated bread, bake them until they get yellowish, and serve with a pungent sauce. [129]

Stuffed veal ears.

116. Clean and cook them as described in the preceding receipt, fill them with the same stuffing as for the calf's head, [205] dip them in melted butter and roll them in grated bread, bake until yellowish.

Veal ears a la Napolitaine.

117. Cook the ears as before, prepare a stuffing with grated bread, salt and pepper, trie cheese, and milk, add a little butter and four yellow of eggs, let it get thick on a slow fire, stirring constantly, fill the ears, put some butter over them and then grated cheese and bread, bake them in an oven.

Calf's tongue.

118. The calf's tongues are exactly prepared as described for beef tongues.

Calf's lungs.

219. Take the lungs, cut the gristle off, cook it until half done with water and a little salt, chop finely two shalots, toast them in a little butter and flour, add some broth, (25) cut the lungs in pieces, season with a little pepper and two cloves, cook until the lungs are perfectly tender, and serve with the same sauce.

Calf's pluck au naturel.

220. Pour some boiling water over the pluck, put it then in cold water, cover the bottom of a pan with sliced bacon and onions, add a half pint of white wine and a little broth, season with salt, pepper, two cloves, a little parsley and chevril, cook on a slow fire, when it is done, add a little vinegar and serve with the sauce.

Calf's pluck a lorientale.

221. Cook it as directed above, reduce the sauce, add a little broth and a teaspoonful of kari powder. (132).

Fried calf's pluck.

222. Cook it as described, (220) cut it in pieces, prepare a brine composed of vinegar, parsley, chives, and two shalots, chopped fine, season with a little salt and pepper, soak the pieces in the brine and dip them in a batter, (191) fry them until they get brownish.

Sweetbread in a fricandeau.

223. Soak one or two sweetbread in fresh water until perfectly free from blood, lard it thoroughly, put some slices of bacon in the bottom of a pot, add a half pint of broth and as much white wine, season with salt, pepper, the rind of a half lemon cut in slices, and some chopped parsley and chevril, cook on a slow fire for three quarters of an hour, reduce the sauce until it gets thick, serve the sweetbread over a plate of sorrel, or spinnage porridge, and pour the sauce over it.

Sweetbread with tomato sauce.

224. Cook it as directed above, serve with a tomato or a pungent sauce.

Fried sweetbread.

225. Boil it about ten minutes, roll it in a brine compo-

sed of butter, a little flour, the juice of a lemon, a little broth, and some fine chopped shalots, parsley, chives, salt and pepper, dip it in a batter, (191) fry until yellowish, and serve with a little fried parsley.

Veal in fricandeau.

226. Take some slices of lean veal about an inch thick, lard them with thin sliced bacon, put them in a stew pan with some parsley, salt and pepper, and a little broth, cook on a slow fire, then roast it a little and serve with a sorrel porridge or a tomato sauce.

Roasted veal.

227. Choose a thick piece of veal, lard it, roast it on a slow fire, and keep it from burning.

Roasted veal a la lauguedocienne.

228. Put some fresh olive oil in a stew pan, add the juice of a lemon, two anchovis, some salt and pepper, turn the piece of veal several times, until it is perfectly roasted, and serve with the same sauce.

Veal in blanquette.

229. Toast a little flour, some chopped parsley and chives, with a piece of butter, add a half pint of broth, season with a little salt, pepper, and grated nutmeg, cut the veal in thin slices, cook it on a slow fire; when ready to be served, add the juice of a lemon mixed with the yellow of two eggs.

Veal with meat jelly.

230. Take a choosed piece of veal, lard it thoroughly, put some slices of bacon in the bottom of a stew pan, place the meat upon it, add some slices of lemon, two calf's feet and the bones of roasted fowls, two carrots, two onions, some parsley and chevril, season with salt, pepper, and two laurel leaves, add a half pint of broth and as much white wine, boil and skim carefully; when the veal is well done take it off, let it get cold, put it under a press, reduce the sauce, and when cold separate the fat from the jelly which has to be put around and over the piece of meat. This jelly may be clarified with the white of an egg and colored with a little caramel. (23)

Broiled veal rib.

231. Mix a piece of fresh butter with some fine chopped parsley, chevril, and the juice of a lemon, season

with salt and pepper, cover the ribs with the dough, roll them in fine grated bread, fry them on a slow fire, and serve with a robert or pungent sauce. (128 or 129.)

Veal rib in papillotes.

232. Do as directed above, but add with the mixture a fine chopped shalot, put every rib in white greased paper, cover with a piece of thin sliced bacon, wrap the rib up in a manner that the gravy will not run out, broil on a very slow fire, and serve it in the same paper.

Veal ribs braises.

233. Take some veal ribs, cut them in an equal size, lard them thoroughly, put a few thin slices of bacon in the bottom of a stew pan, place the ribs upon them, season with salt and pepper, add a little parsley, two small carrots, one sliced onion, two cloves, a half pint of broth and as much white wine, cook on a slow fire; when perfectly tender, take off the bacon, pass the sauce through a seive, pour it over the ribs and serve with tomato marmelade. (19)

Veal ribs a la Lyonnaise.

234. Take three spoonfuls of olive oil, some parsley, chives, two shalots chopped finely, season with salt and pepper, cover the bottom of a stew pan with thick sliced bacon, place the veal upon it, broil on a slow fire; when cooked, pour the sauce over the ribs, and squeeze a little lemon juice over them.

Veal breast with white sauce.

235. Cut a veal breast in pieces of the size of a hand, pour hot water over them, drain the water off, broil them slowly in fresh butter with a little flour, a few mushrooms and some chopped parsley, season with a little salt, pepper, and grated nutmeg, add a half pint of broth; when the veal is cooked, mix three yellow of eggs and two spoonfuls of cream with the sauce, and pour it over the pieces of meat.

Veal breast with peas.

236. Cook the veal as above described, add a little more broth and a pint of young peas, serve them around the meat.

Stuffed veal breast.

237. Loose the meat half the length of a veal rib, cut

the bones off, prepare a stuffing as described for the calf's head, put the stuffing on the part where the bones have been left, and double with the part which is free from them, fold it, cover the bottom of a stew pan with sliced bacon, put the breast upon it, cover the piece again with sliced bacon, add two onions sticked with three cloves, a little chopped parsley, a half pint of broth and as much white wine; when the meat is cooked, seive the sauce and pour it over the breast, squeeze a few drops of lemon juice over it, and serve.

Fried veal breast.

238. Do as directed, (235) but dip the pieces in the sauce and sprinkle them thickly with grated bread, dip them again in some beaten eggs, and fry them in butter.

Veal breast with kari sauce.

239. Cook as described, (235) and when it is well done, season the sauce with kari powder, (22) or with tomato marmelade. (19)

Dutch veal breast.

240. Cover the bottom of a stew pan with sliced bacon, cut the breast in large pieces, cover the first layer with the same, add carrots, turnips, and a small onion, season with salt and pepper, repeat the same for every layer, add some white wine and a half pint of broth; when the veal is well cooked, serve with the sauce.

Veal flank a lestouffade.

241. Cover the bottom of a large earthen pan with sliced bacon, add some broth and a sliced lemon free from the kernels, two carrots, two onions, three cloves and some chopped parsley, season with salt and pepper, cover the pan with live coals, cook it for two hours, and serve with the sauce around the plate.

Sweetbread in ragout.

242. Cook it as it is directed for the fricandeau, (226) add some mushrooms, parsley, chevril, a little broth, and a piece of butter, reduce the sauce, and serve with the meat.

Warm pies of sweetbread.

243. Cook in broth some rice for a half an hour, season it with a little salt and mash it, put a piece of butter in a stew pan, add the rice and a fine chopped sweetbread;

when it is well done, put a spoonful between two thin sliced pieces of bread which have been dipped in cream, and fry them lightly.

Roasted veal liver.

244. Lard thoroughly a veal liver, put some slices of bacon in the bottom of a stew pan, add two small onions, season with a little salt and pepper, roast for one hour and a half, and serve with a pungent sauce.

Veal heart in brine.

245. Do as described for the beef heart, (199) but don't cook it as long.

Veal heart with a brown fish sauce.

246. Boil a veal heart for one hour and a half, cut it in slices, simmer in a brown fish sauce for a quarter of an hour longer.

Stuffed veal heart.

247. Cut all the gristle off, lard the outside, fill the inside as described for the calf's head, (205) cover the bottom of a stew pan with some slices of bacon; roast for one hour and a half, and serve it with mustad or a pungent sauce. (128)

Veal lungs in a brown fish sauce.

248. Cut the lungs in small pieces, and cook them in a brown fish sauce. (111)

PART VII.

MUTTON.

Broiled mutton kidney.

149. Cut the kidneys in two without separatmg them, sprinkle a little salt and pepper over them, fry them in butter, and when ready to be served, squeeze a little lemon juice over them.

Fried mutton tongue.

250. Cook the tongue for three quarters of an hour, clean it well, cut it in two without separating the piece, chop finely some parsley, chives and mushrooms, add a little salt and pepper, mix with fresh butter, cover the inside of the tongue with the mixture, sprinkle thickly with fine grated bread, fry in hot butter.

Mutton tongue braisee.

251. Pour some boiling water over the tongue, clean it well, lard it thoroughly with thin sliced ham, cover the bottom of a pan with the same, place the tongue upon it, add a few small onions and carrots, season with a little salt, pepper, grated nutmeg, two cloves, a laurel leaf, and a bunch of parsley, cook for an hour in a pint of broth; when ready to be served, take the bunch of parsley off, pour the sauce over the tongue, and serve with cucumbers.

Mutton tongue a la Liegeoise.

252. Cook the tongue in water, toast a little flour and a few sliced onions in a piece of butter, add a half pint of broth and as much white wine, a few chopped mushrooms, some parsley and chevril, season with salt and pepper, cook the tongue half an hour more; when ready to be served, add a little lemon juice.

Mutton tongue au gratin.

253. Cook them in half quantity of broth and white wine, add some parsley, chevril, two shalots, two cloves, some salt and pepper, compose a stuffing with grated bread, some fine chopped bacon, two yellow of eggs, a little chopped parsley and chives, season with salt and pepper, mix well, put the plate upon warm ashes until the stuffing begins to stick, drop the fat off, place the tongues on an other plate and cover them with the stuffing.

Mutton tail with rice.

254. Cook them as directed, (255) pass the sauce through a seive, put the tails and sauce over a plate of well cooked rice.

Mutton tail with porridge.

255. Put some sliceed bacon in a stew pan with a few small pieces of cooked mutton, two onions, two carrots, some parsley, salt, pepper and grated nutmeg, add a pint of broth, cook the tails until perfectly tender, serve with peas or succory porridge.

Fried mutton tails.

256. Cook them as described above, roll them in grated bread and fry them on a slow fire, serve with mustard or sauce robert. (126)

Mutton Brains.

257. Mutton brains are seldom used, but they may be prepared like the veal brains.

Mutton feet a la Poulette.

258. Pour some boiling water twice over the feet, clean them well, boil them in broth until they are perfectly tender, loose the meat from the bones and cook it in a composed white sauce. (108)

Fried mutton feet.

259. Do as it is directed above, but cut the meat in small pieces, roll it in balls, dip them in a batter, (191) fry them and serve with a robert sauce.

Mutton feet a la sainte menehould.

260. Cook and clean them as prescribed, (201) put a piece of butter in a pan with some chopped parsley, chives and a half shalot, season with salt and pepper, add a few spoonfuls of broth, cook them for a quarter of an hour, roll them in grated bread, fry them lightly, serve with a pungent sauce. (129)

Mutton feet au gratin.

261. Cook them as directed, (258) and finish them as for the mutton tongue. (253)

Mutton ribs au naturel.

262. Beat the ribs, put them in a stew pan with some butter, broil them quickly, turn them several times; when done, put them on a plate and pour the gravy over.

Fried mutton ribs.

163. Chop some parsley, chevril and chives, mix with a piece of butter, season with salt and pepper, rub the ribs on both sides with this mixture; roll them in grated bread and fry them rapidly.

Mutton ribs with onion porridge.

264. Toast in butter some mutton ribs, add a half pint of broth, two carrots, two onions and a little parsley, season with salt, pepper, and two cloves, cook on a slow fire, when done, put them around a plate with some onion porridge in the middle.

Mutton ribs with tomato sauce.

165. Toast them as directed above, take them off, and let the gravy get cold, mix four eggs with it, surround the ribs with the sauce, let them dry a little, roll them in gra-

ted bread, repeat the above prescription once more, put them in a stew pan with a large piece of butter and fry on a slow fire; serve with a tomato sauce, (119) or tomato marmelade.

Stuffed mutton ribs.

266. Cook the ribs as prescribed, (264) chop some scraps of veal or fowls with a little beef fat, parsley, chives and mushrooms, season with salt and pepper, mix with a little cream and two eggs, surround the ribs with this stuffing, put them in a baking pan, sprinkle with grated bread, put them over hot ashes, with some live coals upon the cover, cook until brownish, serve with a tomato sauce. (119)

Mutton neck a la sainte menehould.

267. Soak the pieces in fresh water until entirely free from blood, cook and fry them as directed, (260) serve with a pungent sauce.

Stuffed mutton ears.

268. Do as described for the veal ears, (216) fill them with the same stuffing, surround them with two beaten eggs mixed with a little melted butter, salt, pepper and grated nutmeg, roll them in grated bread, fry on a slow fire, and serve with fried parsley.

Mutton flank with potatoes.

269. Make a brown sauce, (106) add a little broth, cut the flank in pieces, put them with the sauce, peal some small potatoes, season with salt, pepper, three cloves and two onions, cook for an hour, and serve with the sauce.

Boiled mutton leg.

270. Put some slices of bacon in a large stew pan, lard the thick side of the leg, add a bunch of parsley and chevril, a little garlic, salt, pepper, grated nutmeg, two carrots and two onions, cover the leg with water, cook for three hours; if the sauce is too thin, reduce it separately, put the leg upon a large plate, the larded side up, and pour the sauce over; serve with any sort of well cooked vegetables.

Mutton leg braise.

271. This has to be prepared as described above, but instead of water, it is necessary to use half as much broth. (26)

Mutton leg with truffles.

272. Cut the meat in two along the bone, loose it, take the bone off, cut about a half pound off the meat taken from the inside of the leg, cover the divided leg with thin sliced ham, chop the cut meat with a few truffles, season this hachis with a little salt and pepper, put it between the cut parts of the leg, sew it up, stick all around some fine sliced truffles, wrap the leg in paper and expose it for two days in an aired place, then put some thin sliced bacon in the bottom of a pot and cover the leg with the same, add a pint of white wine, cook on a slow fire until perfectly tender, take the lard off and serve with the gravy.

Mutton leg a l'hollandaise.

273. Cut the lean meat off a mutton leg in slices about an inch thick, lard them thoroughly with thin sliced bacon, and cover the same in the bottom of a stew pan, season with salt, pepper, and grated nutmeg, add a few mushrooms and two onions coarsely chopped, and a half pint of wine, cover well the pan and cook on a slow fire, take the fat off and serve with the sauce mixed with a little lemon juice.

Mutton leg with succory, spinnage, or sorrel porridge.

274. Do as it is prescribed in the preceding receipt, take some well cleaned succory, cut it fine, put some butter in a pan and cook the succory until it is perfectly done, put it in a plate and place the pieces of mutton upon it; pour the sauce over and sprinkle with a little fine pepper.

Mutton leg a la flammande.

275. Loose the meat on both ends of a mutton leg, cut the bones off, tie it in a round piece, cook it in a pan of about the same size, add some broth, parsley, and a small piece of garlic, season with salt, pepper, and two cloves, serve with a pungent or tomato sauce. (129 or 119)

Roasted mutton leg.

276. Put a large piece of butter in a baking pan, place the leg in it, season with a little vinegar and salt, roast in a very hot oven, pour while it is roasting three or four times some of the gravy over it, regulate the fire to keep it from burning.

Sliced mutton leg.

277. Take some thin sliced roasted mutton, toast it in a brown sauce, (106) add a little broth and a half pint of white wine, season with salt, pepper, and grated nutmeg, cook for half an hour.

Mutton shoulder with parsley.

278. Stick the outside of a mutton shoulder with whole bunches of parsley, roast it as for the mutton leg, add a little broth, a spoonful of capres, one anchovis, some fine chopped parsley, chives, and one shalot, season with salt and pepper; when ready to be served, put the sauce in a plate and place the piece of meat upon it.

Mutton breast a la sainte menehould.

179. Cover the bottom of a stew pan with some thin sliced bacon, place the breast upon it, add two or three carrots, some parsley, salt, pepper, two cloves, and a half pint of broth, when it is cooked, take the bones off, season the meat a little more with pepper and salt, roll it in grated bread, fry it in butter, and serve with a pungent sauce. (129)

Mutton breast with spinnage, &c.

280. Cut the breast in pieces about the size of a hand, cook them as prescribed in the preceding receipt, reduce the sauce, serve with spinnage, &c.

Mutton leg—hunters fashion.

281. Take the leg or shoulder of a mutton, cut it in two or three pieces, put some slices of onions in the bottom of an earthen pot, add a little thyme, laurel leaf, salt, pepper, and grated nutmeg, place the meat in the pot, cover with strong vinegar, let it stand for two days, take two thirds of the vinegar off, cook the rest for one hour and a half on a slow fire, add a little broth or white wine, when cooked, seive the sauce and mix it with a teaspoonful of kari powder. (22)

Miuced mutton.

282. Chop finely some mutton with a few cooked potatoes, toast it in a brown sauce, (106) add a little broth, salt pepper, and grated nutmeg, cook on a slow fire for three quarters of an hour; serve with fried eggs.

Minced mutton with herbs.

283. Chop the meat separately, take a few mushrooms, six shalots, a hand full of parsley and a little tarragon, cut all very fine, mix with the meat, and do as directed above.

Minced mutton in fried balls.

284. Chop the mutton as prescribed, (282) add the cooked brains of a veal, season with salt, pepper, fine chopped parsley and chevril, mix all with three yellow of eggs, form some balls of the size of a nut, roll them in grated bread, fry in butter and serve with a tomato sauce, (119)

Mutton in blanquette.

285. Toast some chopped parsley, chives, and a few mushrooms in a white sauce, add a half pint broth, season with salt, pepper, and grated nutmeg, cut the mutton, in thin slices, cook on a slow fire; when ready to be served, add the juice of a lemon mixed with two yellow of eggs.

PART VIII.

PORK.

Pigs feet a la sainte menehould.

286. Take some well cleaned pigs feet, cook them until they are perfectly tender, let them get cold, cut them in two, dip them in melted butter, surround them thickly with fine grated bread, sprinkle a little fine salt and pepper over them, fry them in butter and serve with mustard.

Vinegar pigs feet.

287. Clean them extremely well, soak them in fresh water until entirely free from blood, drain the water off, put them in a kettle, keep them covered with water, add some salt, cook them quickly until they get tender without to burst, take them off and put them in hot water in order to free them from the fat, repeat this operation twice, drain the water off, put them side by side in an earthen pot or a barrel, sprinkle a little fine salt and saltpetre over each layer, and continue in this manner until the pot is nearly full, cover with strong vinegar, change this two or three times, serve with mustard or catsup. Pigs feet prepared in this manner will keep good through the whole season.

Vinegart pig ears and tails.

288. Prepare them exactly as it is described in the above receipt.

Broiled pig ribs.

289. Sprinkle them with a little salt and pepper, broil them on a slow fire, serve with a robert sauce. (126)

Broiled pig ribs with grated bread.

290. Do as described above, when half done roll them in grated bread and roast them until they get brownish, serve with mustard or a pungent sauce. (129)

Pig ribs—farmers fashion.

291. Make a brown sauce, (106) add a little broth or water, season with salt, pepper, some chopped parsley and one shalot, put the ribs in this sauce, cook for three quarters of an hour; if the sauce should reduce too much, add a little more water, and when ready to be served, add a spoonful of mustard with the sauce, pour over the ribs.

Pig ribs in brine.

292. Prepare them as directed for the mutton leg, (281) cook with the same brine and serve.

Pig brains.

293. The pig brains may be prepared like the veal brains. [See part VII.]

Pig kidneys with wine.

294. Put some sliced pig kidneys in a brown sauce, (106) season with salt, pepper, grated nutmeg, some chopped parsley and shalots, add a few spoonfuls of broth or water, when they are about to be cooked, put a half pint of white wine to it, cook a half an hour more and serve with the sauce.

Fried pork.

295. Take some sliced lean pork about an inch thick, season with salt and pepper, dip it in beaten eggs, sprinkle some grated bread over the slices, and fry them rapidly.

Roasted pork.

296. Take a choosed piece of lean pork, season with salt and pepper, put it on side for two days, roast it in the same manner as for the mutton leg. [276]

Young roasted pig.

297. Clean well a young pig, take all the inside out,

wash it, rub it all over with salt, pepper, grated nutmeg, and a little fine chopped parsley, all mixed with a piece of butter, make some small cuttings on the head and the back, roast it in a hot oven until it is getting brownish, pour occasionally some of the gravy over it, serve on a large plate with some cressen or celery around the pig.

Stuffed young pig.

298. Clean a pig as described above, loose all the bones from the head to the tail, leave the head, tail and legs all in one piece, compose a stuffing of chopped ham and veal liver, season with salt, pepper, a few powdered cloves, some chopped sage and basil, cover the inside of the pig with this stuffing, re-cover with thin sliced lean ham and two or three chopped truffles, fold it together, and give to the pig the primitive form, wrap it in a clean cloth, cover it with half broth and half white wine, season with a good deal of pepper, cook nearly an hour and a half on a midling strong fire, let it get cold, take the cloth off and fix it in the best manner on a large plate.

Young pig in blanquette.

299. Make a white sauce, (107) add a half tumbler full of broth and as much white wine, a few cut mushrooms, shalots, and some parsley, season with salt, pepper, and grated nutmeg, put all the remainings of the pig [except the bones] in this sauce, cook for a quarter of an hour; when ready to be served, mix the juice of a lemon and three yellow of eggs with the sauce.

Smoked ham.

300. Cut all the yellow part nicely off, wash the ham in warm water, soak it in fresh water, wrap it in a clean cloth, cook it in a large pot with a great deal of rain or river water, add a few carrots and onions, some parsley and chevril, cook for five hours, serve warm or cold.

Smoked ham—French fashion.

301. Cook it as directed in the preceding receipt, but add a bottle of white wine with the water, when cooked loose the ends of the bones from the meat, cut the skin all the length of the ham and loose it on each side about three inches wide, sprinkle thickly with grated bread and a little coarse grounded pepper, put the ham in a hot oven

and roast it a little over a quarter of an hour; serve with cressen or sliced cucumbers around the plate.

Smoked ham a la bayonne.

302. Take a fresh ham, put it between two boards, place heavy weights upon it for twenty-four hours, rub it with six ounces of salt mixed with one ounce of fine saltpeter, put it under the press for four days longer, make a brine composed of half white wine and half water, add a hand full of salt, a spoonful of unground pepper, a teaspoonful of corriander and anis seed, some juniper berries, thyme, sage, basil, and a few laurel leafs, cook altogether for half an hour, let it get cold, put the ham in an earthen jar, cover it with the brine, let it stay for two weeks, take it off and smoke it occasionally for five or six days, let it get perfectly dry, wrap it up in paper and place it in ashes; when it has to be used, cook it as described in the two preceding receipts. This method of preparing hams has been acknowledged as the best and most tasteful in any part of the world, it is particularly destined for family use.

Ham with spinnage.

203. Take a large piece of thick sliced and boiled lean ham, season with a little pepper, put it in a stew pan with a piece of butter and a few spoonfuls of broth, broil it for a quarter of an hour, turn it once, put it upon a plate of well cooked spinnage and pour the gravy over.

Pig shoulder in brine.

304. Treat it entirely as described for the mutton shoulder. [282]

Pig tender loins in brine.

305. Prepare as directed, (281) cook and serve them with the same sauce.

Roasted pig tender loins.

306. Season them with a little salt and pepper, and broil them in a stew pan with a large piece of butter.

Broiled pig liver.

307. Do as prescribed for the veal liver. [244]

Pig heart in brine.

308. Prepare as it is directed for the beef heart. [199]

Stuffed pig heart.

309. This is treated like the stuffed veal heart. [247]

Pig lungs in brown fish sauce.

310. Treat them entirely as directed for the veal lungs. (248)

Black puddings.

311. Toast some chopped onions in lard, mix them with fresh hog blood and a pint of cream, add some chopped parsley and chives, season with a little salt, pepper, and alspice, put this stuffing in well cleaned guts, tie them up, put them in hot water; (but not boiling) when they get hot, take them off and serve with mustard.

White puddings.

312. Boil some bread in milk, take equal weight of boiled chicken, rabbit, veal, or sweetbread, pound the meat, toast some chopped onions in lard, mix all with three yellow of eggs, season with salt, pepper, and grated nutmeg, put the stuffing in well cleaned guts, cook them as directed above.

Flat sausages.

313. Chop finely some lean pork, cut all the nerveous and membraneous parts off, add the same weight of fine cut bacon, some fine chopped parsley, chives, thyme, basil and tarragon, season with a little salt and a good deal of fine grounded pepper, press them and surround them with fringe, fry them slowly.

Round sausages.

314. They are prepared in the same manner as the flat sausages, except that the stuffing is put in well cleaned turkey guts.

French puddings.

315. Boil two sweetbread with a cow teat, cut them in small pieces, chop some mushrooms, two shalots, two truffles and a little parsley, put it in a stew pan with a piece of butter, add a half pint of white wine and a few spoonfuls of broth, season with salt, pepper and alspice, cook for a quarter of an hour, let it get a little cold and mix three yellow of eggs with it, put the stuffing in cleaned guts, lay them under a press for six or eight hours, fry them slowly, and serve warm or cold.

Hog head.

316. Take a well cleaned hog head, make a cutting along the middle of the lower jaw, (don't cut the ears off)

loose nicely all the meat from the bones, stick the inside with long sliced ham and truffles, season with salt, pepper, and alspice, chop some parsley, chives and tarragon, let it impregnate with the seasoning for twenty-four hours, take a beef tongue a l'ecarlate, (147) sweetbread, ham and truffles, cut in fine slices, season as mentioned above, sew the cutting and give to the head as much as possible its primitive form, rub it with the juice of a lemon, wrap it closely up in a clean cloth, put it in a kettle, cover it with water and two bottles of white wine, add some sage, thyme, basil, four laurel leaves, parsley, chevril, chives, salt and a few cloves; cook on a slow fire for six or seven hours, keep the head all the time covered with hot water, take it off, let it get cold, loose the cloth, put the head upon a large plate, sprinkle with fine grated bread, and serve cold.

Hog Cheese.

317. Loose all the meat as described in the preceding receipt, take the most of the fat off, cut the lean parts in slices, do the same with the ears, season with salt, pepper, grated nutmeg, thyme, laurel leaves in powder, add some chopped basil, sage, parsley, and the half of a lemon rind, extend the thin on a large plate, place the sliced meat regularly in the middle, intermix thin sliced ham between every layer, sew the skin, put it in a deep stew pan the size of the piece, cover with half water and half white wine, add two shalots, two cloves, some unground pepper and a large bunch of parsley, cook for six hours, let it get almost cold, put it between two boards and place heavy weights upon it, serve it in slices.

Hog cheese—Italian fashion.

318. Chop equal weight of hog liver, bacon and sweetbread, cut it and pound it fine in a mortar, season with salt, pepper, grated nutmeg, alspice, parsley, basil, sage, and a teaspoonful of powdered corriander seed, surround an iron pan with sliced bacon, place the stuffing upon it, cover again with sliced bacon, bake it in an oven; when cooked dip the pan in hot water, turn it over on a plate, and serve it warm.

Stuffed hog tongues.

119. Take some hog, beef or veal tongues, clean them well in hot water, cut the gristle off, put them closely in an earthen jar, sprinkle a little salt and saltpetre over every layer, place a weight upon them, let them stay for eight days, drain the brine off, put them in a well cleaned hog guts, tie them on each end, smoke them slowly with some aromatic, woods, roots, or seeds, let them get perfectly dry, wrap them up in paper and put them in a barrel surrounded with ashes. Tongues prepared in this manner will keep good all the season, and when they are to be used dip them in hot water, loose the guts and cook them for two hours in rain or river water, serve them cold in slices.

Fresh hog tongues in brine.

320. Cook them, and do as prescribed for the pig ribs. (281)

Fresh hog tongues in brown fish sauce.

321. Clean them, cut them in four long slices, and cook them in a brown fish sauce. (111

Fresh hog tongues a la Mayencaise.

322. Compose a brine with three pounds of salt, a half pound of saltpetre, one pound of brown sugar, one ounce of calamus aromaticus tied up in a cloth, and a sufficient quantity of water to dissolve the salt, boil this brine for a half an hour, let it get cold, put the tongues for three weeks in it, smoke them a little, and before they have to be used, cover them one day with rain water; by this means they will get more tender. Hams may be treated in the same manner.

Lyon sausages.

323. Take four pounds of lean pork and as much beef and bacon, chop all finely, pound it, cut a pound of bacon in square pieces about a half an inch thick, mix with ten ounces of salt, half an ounce of saltpetre, half an ounce pepper, a half garlic, and two pounded shalots, incorporate all well, let it stay for twenty-four hours, fill some well cleaned beef guts, tie them on both ends, put them in a tub, sprinkle salt and saltpetre over them, let them stay for eight days, smoke them occasionally until they get perfectly dry, wrap them in paper and keep them covered with ashes.

Goetting sausages.

324. Choose a lean piece of beef, rub it well with salt and saltpetre, let it stay for four days, take the same weight of lean pork, chop both finely, cut in small pieces a third part of the weight of lean bacon, season with pepper and pulverized cloves, mix all well, fill the guts, put them for two days in an earthen jar, sprinkle a little salt over each layer, smoke them five or six days, let them get perfectly dry, when used, cut them in thin slices and serve them raw with boiled beef or a salad.

Cervelas.

325. Take some midling fat pork, chop it with parsley, chives, and a little garlic, season with salt, pepper, and alspice, fill the guts, tie them every three inches, boil them for one hour and a half.

Cervelas with onions.

326. Chop two onions, toast them in lard, mix with the same ingredients as described in the preceding receipt, cook likewise.

Italian Cervelas.

327. Chop three pounds of lean pork with one pound of bacon, season with salt, pepper, alspice, some fine grounded corriander and anis seed, pour a little white wine over the meat, take a piece of the head, cut it in thin slices, mix well, fill the guts and tie them, cook for an hour, smoke them lightly, serve cold with mustard.

Hunters sausages.

328. Take three pounds of lean beef and a half pound of pork, chop both extremely fine, pound it, season with salt, a good deal of peper, and a little grounded corriander seed, mix well and fill the guts, smoke them thoroughly.

Pressed bacon.

329. Cut the sides of a hog, rub the fat side with fine salt in proportion of one pound of salt to to ten pounds of bacon, lay the salted sides one upon the other, put it in this situation between two boards, and place heavy weights upon it, let it stay for one month, and hang it separately in a well aired place.

Lard.

330. Take the fat part of a hog, cut it in pieces of the

size of a nut, cook on a slow fire, add a little water, a few cloves and laurel leaves, cook until the pieces get brownish, when half cold, pass it through a fine seive, keep it covered in an earthen pot.

Observation.

331. If any smoked beef is too old and too hard, wrap it in paper, dig a hole in the garden about a foot deep, place the piece in it, cover with ground, let it stay for three or four days, wash it in rain water, and it will then cook perfectly tender.

PART IX.

GAME.

Broiled deer.

332. Take some thin sliced fresh deer meat, beat it, season with salt and pepper, put a large piece of butter in a stew pan, broil it slowly, serve with a pungent sauce. (129)

Deer meat in brine.

333. Cut any part of the deer in regular pieces, place them in a stone jar, prepare them as directed for the mutton leg, (281) cook them in the same brine, and serve with the sauce.

Hare or rabbit ragout.

334. Make a brown sauce, (106) put some thin sliced bacon and onions to it, a pint of broth and half as much claret wine, season with salt, pepper and parsley, cut the rabbit in equal pieces, cook it in the sauce; when cooked, mix a little kari powder, (22) with it.

Roasted rabbit.

335. Stick it all over with fine sliced bacon, roast it for an hour, and serve with a pungent sauce. (129)

Rabbit with herbs.

336. Cut a rabbit in pieces, put them in a stew pan with a large piece of butter, some chopped parsley, chives, mushrooms, laurel leaves, basil and thyme, add a half pint of broth or water, season with salt and pepper; when cooked, serve with the sauce.

Rabbit in galantine.

337. Take two or three rabbits, loose the meat from

the bones, chop it coarsly with a few truffles or mushrooms, season with pepper and a little alspice, take a clean cloth, cover it with sliced lean ham, repeat the operation three times, surround with thin sliced bacon, wrap the cloth around and put it in a deep stew pan, cover with broth, (25) add the bones of the rabbits, break them and add a veal foot, two onions sticked with a few cloves, two laurel leaves, some parsley, chives and thyme, season with pepper and a little salt, keep it covered with broth or white wine, cook it for two hours, when cold, take the cloth off, reduce the sauce, let it get cold, take the jelly and clarify it with the white of an egg, color with a little caramel, (23) cool it again, and cover the galantine with the jelly; serve cold.

Rabbit with a white sauce.

338. Cut a rabbit in pieces, put them in a white sauce, (107) add a half pint of broth and as much white wine, a few small onions, mushrooms, and a little parsley, season with salt and pepper, cook rapidly; when done, mix two yellow of eggs with the sauce.

Minced rabbit.

339. Make a white sauce, (107) add a pint of milk, season with salt, pepper, and grated nutmeg, boil until it gets thick, put some chopped scraps of a roasted rabbit, veal or fowls, to it, cook for five minutes, and serve warm.

Rabbit cracklings.

340. Chop the meat as directed above, roll it in balls, surround them with grated bread, dip them in beaten eggs, roll them again in grated bread, fry them rapidly, serve with a pungent sauce. (129)

Fried rabbit.

341. Cut if in pieces, place them on a plate, season with a little salt and pepper, some chopped parsley, chives and thyme, cover with white wine, add the juice of a lemon, let it stay for two hours, drain the liquid off and roll them in flour, fry slowly and serve as before.

Other fried rabbit.

342. Cut the rabbit in pieces, season with a little salt and pepper, cover them with flour and fry them in butter.

Rabbit in brine.

343. Cut a rabbit in pieces, treat it as described for the mutton leg, (281) but don't cook it as long; serve with the sauce.

Squirrel in ragout.

344. Do as for the rabbit. (334)

Roasted squirrel.

345. Put some sliced bacon upon the back of a squirrel, and finish as for the roasted rabbit. (335)

Squirrel in brine.

346. Prepare it as directed, (281) add two slices of lemon to the sauce, cook it slowly.

Bear meat.

347. As the bear is extremely fat, clear the meat as much as possible from it, season with salt and pepper, roast it rapidly; when ready to be served, drop a little lemon juice over the roast.

Bear meat in brine.

348. Prepare it as directed above, treat it as for the mutton leg, hunters fashion, [281] but season a little more, and add a sliced lemon to the brine, cook rapidly for three quarters of an hour and serve with the sauce which has to be seived.

Pomatum with bear fat.

349. As the bear fat is very oily, and has a particular taste, it is generally used as a pomatum. The best method to prepare it is to melt it in an earthen pot and to add two or three spoonfuls of brandy and a little water, simmer it for two hours, pass through a fine seive and flavor it with a few drops of lemon, anis, bergamote, rose, or jasmin oil, put it in small pots, and use it to grease the hair.

PART X.

WILD FOWLS.

Roasted pheasant.

350. After it is cleaned, suspend it for three or four days in an airy place, cover it with sliced bacon and roast it slowly.

Pheasant in salmas.

351. Loose all the tender part of a roasted pheasant, cut it into long slices, put it in a stew pan with a half pint of white wine, a few spoonfuls of broth, and two chopped shalots, season with salt, pepper, and grated nutmeg, reduce the sauce, serve with roasted bread.

Stuffed pheasant with truffles.

352. Stick a pheasant with long sliced truffles, chop some of the same with a half pound of bacon, put it in a pan, season with salt and pepper, cook it for ten minutes, let it get cold, mix with cooked chestnuts, fill the inside of the pheasant, sew it up, roast with some sliced bacon, add a half pint of white wine, and when it is done serve with the gravy.

Roasted patridge.

352. Cover them with a large slice of bacon, roast slowly, and serve it with a lemon cut in two.

Patridge in salmis.

354. Treat them as it is directed for the pheasant. (350)

Patridge braisees.

355. Put some sliced bacon in the bottom of a pan, place the patridges upon it, add some sliced veal or rabbit, two carrots, two onions, some parsley, salt, pepper, grated nutmeg, two cloves, a half pint of white wine and as much broth, cook them for one hour and a half, and serve with the sauce.

Patridges with truffles.

356. Do as for the pheasant, (351) cover them with sliced bacon, and roast them slowly.

Wild duck.

357. Put a piece of butter in the inside of the duck, season with salt and pepper, roast until it gets redish, when done, drop a little lemon juice over it.

Wild duck in salmis.

358. Treat them as prescribed for the pheasant. (350)

Cercelle or water dack.

359. This has to be prepared like the wild duck, it is considered as a meagre dish.

Snipe.

360. There are several kinds which are excellent, many persons don't empty them, the inside is considered by them as the most delicate part, cover them with wine leaves and sliced bacon, roast them slowly, and serve them without the gravy.

Stuffed snipes.

361. Open them, take the inside out, chop it with grated bread and a shalot, season with salt and pepper, fill them with this stuffing, cover them with sliced bacon, roast them as before, fry some slices of bread, and when ready to be served, put a piece upon each.

Snipe in salmis.

362. Proceed as it is indicated for the pheasant. (350)

Roasted quail, thrush, blackbird and lark.

363. Do as for the snipe.

Wild pigeons and geese.

364. Treat them exactly as for the wild duck.

PART XI.

DOMESTIC FOWLS.

Observation—chickens.

Those which are smooth, white, short and fleshy, are the best.

Chicken in fricasse.

364. Cut a chicken in pieces, put them in a stew pan with a large piece of butter, roast them for a quarter of an hour, add a spoonful of flour, a half pint of broth, some mushrooms, a few small slices of ham, some parsley, chevril and laurel leaves, season with salt and pepper, add a few small onions, cook it rapidly, when cooked take the herbs off, mix three yellow of eggs with cream and then with the sauce.

Chicken a la sainte menehould.

365. Cook as described in the preceding receipt, let it get cold, surround the pieces with the sauce, roll them in grated bread, dip them in beaten eggs, roll them again in grated bread, and fry them in butter.

Chicken in brine.

366. Cut a chicken in pieces, put them for two hours in a brine composed of olive oil, lemon juice or vinegar, salt, pepper, two onions in slices, and some parsley, drain

the liquid off, roll them in a batter, and fry them in butter.

Chicken in matelotte.

367. Toast a few small onions and mushrooms in a brown sauce, (106) add a sliced carrot, a half pint of broth and as much white wine, a bunch of parsley, a little salt, pepper and alspice, cut a chicken in pieces, put them in the sauce, cook them three quarters of an hour; when ready to be served, add a spoonful of capres.

Roasted chicken.

368. Rub the inside of a chicken with a slice of lemon, cover the back with thin sliced bacon, roast it slowly, when ready to be served, take the bacon off, and serve with any sauce you may choose.

Chicken with fine herbs.

369. Chop the liver, heart and lungs, of a chicken, with some parsley; chives, chevril and tarragon, season with salt and pepper, mix all well with a piece of butter, put it in the inside of the chicken, sew the opening up, roast it as above directed, while it is roasting, put a little butter in a stew pan, add a sliced carrot, two onions, a laurel leaf, some thyme, basil, tarragon, burnet, parsley, cressen and a half pint of broth and as much white wine, season with a little salt, pepper, and grated nutmeg, cook it for a quarter of an hour, souce it through a seive, mix it with a white sauce, (107) put it in a plate and place the chicken upon it.

Chicken a la creole.

370. Cut two chickens in pieces, put them in a roasting pan with a half pound of sliced bacon and two teaspoonfuls of kari powder, [22] roast them until half done, put them on the side, take the bacon off, fry a spoonful of flour in the gravy, add a quart of broth, some mushrooms, the marrow of an artichoke, or culiflower, and a few little onions, put the chickens to it, and cook half an hour longer, put the vegetables around the plate and pour the sauce over the pieces of chicken.

Roasted chicken—Swiss fashion.

371. Splitter a chicken in two, roast it in butter, season with a little salt and pepper, sprinkle all over with half grated bread and dry cheese, roast five minutes longer; when ready to be served, sprinkle some fine chopped parsley and chives over the pieces.

Chicken with celery and other vegetables.

372. Prepare as it is directed, (370) but add half as much of celery to the rest of the vegetables, cook and serve it likewise.

Capon braise.

373. Do as prescribed for the patridges. (354)

Stuffed capon with truffles.

374. Proceed as directed for the pheasant. (351)

Capon with coarse salt.

375. Cook it until half done, add some parsley, salt, pepper, and grated nutmeg, cut it in regular pieces, roast it in butter, let it get cold, sprinkle coarse salt over it, and serve with cressen around the plate.

Capon a la Bechamel.

376. Prepare a sauce bechamel, (116) cut a roasted capon in slices, cook it in the sauce for a quarter of an hour.

Stuffed capon with cream.

377. This stuffing is prepared as for the calf head, (205) but instead of wine broth and lemon, cream has to be used, roast it slowly, and serve it with a pungent sauce.

Capon with rice.

378. Cook it as described, (334) boil some rice in broth, pass the sauce of the capon through a seive, mix it with the rice, put it on a plate and place the capon upon it.

Capon in blanquette.

379. Prepare as for the veal blanquette. (229)

Minced capon.

380. Cut all the meat of a roasted capon, chop it fine, pound two dozen of chestnuts, season it with pepper and grated nutmeg, boil the bones in a little broth, and reduce it, pass it through a seive, add three yellow of eggs with the mince, cook it for one minute, stirring constantly, and serve with fried eggs.

Capon a la mayonnaise.

381. Cut the scraps of a roasted capon in thick slices, season them with very little salt, pepper, and chopped parsley, put them in a plate and surround them with sliced hard eggs or cucumbers, and cover the meat with a mayonnaise sauce. (123)

Capon cracklings.

382. Do as for the rabbit cracklings. (340)

Turkeys—Observation.

As the turkey hen is more tender than the cock, it is generally prefered if not too old.

Turkey with truffles.

383. Do exactly as prescribed for the pheasant. [351]

Old turkey in galantine.

384. Cook and roast an old turkey, prepare it as described for the rabbit, [337] serve it also.

Turkey legs with a robert sauce.

385. Take the legs of a boiled or roasted turkey, rub them with butter, roll them in grated bread, fry them, and serve with a robert sauce. [126]

Turkeys wings in fricasse.

386. After they are well cleaned, pour some warm water over them, dry them and proceed as for the chicken fricasse. [364]

Fried turkey wings.

387. Do as directed in the preceding receipt, roll them in grated bread, dip them in beaten eggs, roll them again in bread and fry them in butter.

Minced turkey.

388. Do exactly as prescribed, [380] and serve also.

Guinea hen.

389. As this specie of fowls has not quite degenerated from its wild origin, it still keeps the flavor of the pheasant and has to be treated likewise, or as the capon.

Roasted duck.

390. Treat it as for the wild duck. [256]

Duck braise with turnips or peas.

391. Do as described for the patridge, [354] add a little more broth, when half cooked, put some sliced turnips or a pint of young peas to it, cook it until tender, and serve it with the sauce and the vegetables around the plate.

Stuffed duck.

392. Take the lungs, heart, liver, and stomach of a duck, chop it with a quarter of a pound of roasted veal, and as much fat beef, some parsley, chives, mushroom and two yellow of eggs, add one dozen of pounded chestnuts, two spoonfuls of cream, a half tumbler full of white wine,

season with salt and pepper, fill the duck, sew it up, and roast it slowly.

Goose.

393. It has to be treated as indicated for the duck.

Roasted pigeon.

394. Roast them like the snipe. [362]

Pigeons in compote.

395. Make a brown sauce, [106] add some broth, mushrooms, one shalot, a bunch of parsley and a few little onions, season with salt, pepper, and grated nutmeg, reduce the sauce to half, seive and add a little white wine, cook the pigeons for an hour, with some chopped veal, mix a little lemon juice with the sauce and serve.

Pigeon with peas.

396. Make a brown sauce, [106] add a little sugar and some thin sliced bacon, roast it, add a half pint of broth, season with a little salt and pepper, put the pigeons and a pint of young peas to it, and cook it for an hour.

Pigeon with asparagus.

397. Scald the asparagus, finish as prescribed in the preceding receipt.

Pigeon a la sainte menchould.

398. Treat them as it is directed for the chicken.—[365]

Pigeon a la capaudine.

399. Cut them in two without separating them, season with salt, pepper, and grated bread, fry them slowly, and serve with a pungent sauce. [129]

Pigeons in matelotte.

400. Toast a sliced onion and a little bacon in a brown sauce, [106] add a pint of broth and as much white wine, season with a little salt, pepper, alspice, some parsley, chevril, and a few mushrooms, cook it rapidly and serve with the sauce.

Fried pigeons.

401. Take a few young pigeons, blaze them, cook them with a piece of butter, a half pint of white wine, some parsley, chevril, and one shalot, season with salt, pepper, and grated nutmeg, when cooked, dip them in a batter, [191] and fry them until they get yellowish.

Observation.

Old geese and turkeys, if they are treated as it is observed, (331) will become tender.

PART XII.

SEA FISH.

Roasted sturgeon.

402. The meat of the sturgeon is something like the veal meat and has to be treated in a like manner. To roast a sturgeon, stick it with salted bacon, compose a brine as prescribed, [281] dip the fish in it, roast it with butter, and serve it with a pungent sauce. (139)

Sturgeon braise.

403. Do exactly as for the patridge. (334)

Salmon with capre sauce.

404. Cut the salmon in slices about an inch thick, put them in a brine as directed, (281) fry them slowly, and serve them with a capre sauce. (114)

Salmon with tomato sauce.

405. Treat it as directed, (354) and serve with a tomato sauce.

Salmon in blue.

406. Take a good sized salmon, cook it in claret wine with round sliced carrots, and onions, four cloves, four laurel leaves, a hand full of parsley, and a little thyme, season with salt and pepper, cook it on a very slow fire, (it will be done as soon as the eyes get out of the orbits) serve without the sauce, and cover the back with a few branches of parsley. If the sauce is seived, it eats very well with noodles [31] or cooked potatoes.

Salmon in salad.

407. Salt a piece of salmon, cook it in water, [but don't boil it] drain the water off, and cut it in slices, serve with vinegar.

Turbot in blue.

408. Treat it as for the salmon, [406] and serve it with a capre sauce.

Turbot a la bechamel.

109. Cook them as directed, [406] when ready to be served, cover it with the sauce bechamel. [116]

Turbot a la sainte menehould.

410. Cook them two minutes in a sauce bechamel, roll them in grated bread, and fry them slowly.

Raie.

411. Cook it for three minutes in water and a little vinegar, add a little salt and some sliced onions, drain the water off and serve it with a capre sauce. [114]

Raie in brine.

412. Take the skin off, cut it in pieces about the size of three fingers, put them for two hours in a brine composed of vinegar, salt, pepper, parsley, chives and a little garlic, drain it off, roll them in flour, fry in butter, and serve them with fried parsley.

Raie a la bechamel and a la sainte menehould.

413. It is prepared as for the turbot. [409]

Fried sole and burt.

414. Make a cutting along the back, roll them in flour, fry them rapidly, and serve them with a lemon cut in two pieces.

Sole au gratin.

415. Put a piece of butter in a plate with some chopped parsley, chives, one shalot, and a few mushrooms, season with a little salt, pepper, and grated nutmeg, place the fish upon it, season again, cover with thin sliced bread, put the plate upon hot ashes, cover it with some live coals, let it stay on the ashes for half an hour, and serve it with the same plate.

Fried smelt.

416. Scratch the shells off, roll it in flour and fry it in butter.

Shad.

417. The best manner to prepare the shad is to fry it, after it has been in a brine composed of olive oil, salt, pepper, parsley and chives, and to cook it in capre sauce. (114)

Sea Eel.

418. Take the skin off, cook the eel in salt water with a bunch of parsley, and serve with a capre or tomato sauce. [114 or 119]

Roasted Eel.

419. Prepare and cook it as directed in the preceding

receipt, cut it in pieces about three inches long, roll it in grated bread, fry them in a little butter, and serve with a kari or a robert sauce.

Mackarel a la maitre d'hotel.

420. Clean it, make a cutting along the back, rub it with butter mixed with chopped parsley, chives and shalots, season with salt and pepper, wrap it up in well butter'd pepper, put it on a gridiron, roast it slowly, take the papers off and serve.

Fried whiting.

421. Prepare them as directed, (416) and fry them rapidly.

Whiting au gratin.

422. Do as prepared for the sole. (415)

Fresh herings and sardines.

423. Scrape the shells off, take the inside out, mash and dry them with a cloth, fry them on a gridiron, and serve with mustard.

Cod-fish.

424. Soak the cod-fish in water for twenty-four hours, change the water two or three times, scratch the outside nearly off, wash it, boil it in rain or river water, skim it carefully, let it stand for a quarter of an hour, take the fish out and prepare it as follows.

Cod-fish a la maitre d'hotel.

425. After it is cooked as directed in the preceding receipt, put a large piece of butter in a tin pan, add a little pepper and grated nutmeg, some chopped parsley and chives, warm it only, and serve with a lemon cut in two pieces.

Cod-fish a la bechamel.

426. Prepare the fish as directed, (424) and cook it for five minutes in a sauce béchamel. (116)

Fried cod-fish.

427. Treat them as prescribed, (424) dip them in a sauce bechamel, and finish like 410.

Cod-fish with brown butter.

428. Make a brown sauce, (106) add a few cut onions and a piece of sugar, let it get very brown, add a little vinegar, boil it for two minutes, pass it through a seive and pour over the cooked fish.

Fried herrings.

429. Cut the head and the tail off, take the inside out, rub them with butter and roast them, serve them with salad.

Row herrings.

430. Take the largest kind of herrings, scald them, scrape the skin off, cut them in slices, add vinegar and mustard, and serve as a salad.

Anchovis and sardines.

431. They are served as salad, and surrounded with some sliced hard eggs.

Minced oysters.

432. Take two dozen fresh oysters, drain the water off, chop them coarsly with the lean flesh of a carp, season with pepper and grated nutmeg, some chopped parsley, chives and mushrooms, mix all well, put it in a pan with a piece of butter, add a half pint of white wine and as much broth, warm it without to boil, when almost done, mix two yellow of eggs with it.

Lobster.

433. Take all the inside out, pound it, add some mustard, one chopped shalot and a little parsley mixed with butter, cook the body in water with a good deal of unground pepper, and serve both separately.

Rawn.

434. Cook them in water and pepper, serve with parsley and chevril.

PART XIII.

RIVER FISH.

Trout.

435. Prepare it as prescribed for the salmon. (404, 405, 406)

Trout with a white sauce.

436. Clean them, put them on a plate, boil a few spoonfuls of vinegar, let it get cold, pour it over the fish, put some water in a stew pan, add a little salt, pepper, two cloves, a few small onions and some parsley, when it begins to boil, put the fish and vinegar to it, cook for a quar-

ter of an hour, prepare a white fish sauce, (110) pour the sauce over the fish.

Trout with a brown fish sauce.

437. Do exactly as directed in the preceding receipt, but make a brown fish sauce. (111)

Fried trout.

438. Clean them and dry them with a cloth, roll them in flour, fry them in butter, and sprinkle a little salt over them.

Trout in blue.

439. Do as prescribed for the salmon, (406) but wrap it up in a cloth in order not to break it, and serve likewise.

Pike in blue.

440. Proceed as directed in the preceding receipt.

Pike a la maitre d'hotel.

441. Take a good sized pike, treat it exactly as described for the mackerel. (420) Pikes may also be prepared as directed (406) or with a mayonnaise sauce. (123)

Carp in blue.

442. Clean the carp and wash it with vinegar, finish as for the salmon. (406)

Carp with a brown sauce.

443. Toast a few small onions in a brown sauce, add a few mushrooms, some parsley, two laurel leaves, a little salt, pepper, grated nutmeg, a half pint of claret wine and as much broth, cook the carp rapidly for about half an hour, put some slices of roasted bread in the bottom of a large plate, place the carp upon it, and pour the sauce over the carp.

Trouts, salmon, pikes, &c., may be prepared in the same manner.

Stuffed carp.

445. Choose a good sized carp, clean it, cook it in salted water for a quarter of an hour, cut it two inches from the head and as much from the tail, loose the clean flesh of the bones of the middle part, prepare a fish stuffing composed of chopped fish, some bread soaked in a little milk, three yellow of eggs and a piece of butter, season it with pepper and grated nutmeg, cover the bottom of an earthen plate with the stuffing, place the head on one and

the tail on the other, cover them with the same, and fill the middle in a manner to give to the fish its form, color it with a beaten egg, sprinkle some grated bread all over, put the plate upon hot ashes, cover it and put live coals on the top, cook for twenty minutes longer and serve in the same plate.

Fried carp.

446. After it is cleaned, make a cutting along the back, roll it in flour, sprinkle a little salt over and fry it slowly.

Eel in matelotte.

447. Do as prescribed for the sea eel. (418)

Eel a la tartare.

448. Toast in a brown sauce, (106) two sliced carrots and onions, add some white wine, season with salt, pepper, and grated nutmeg, cook for half an hour, pass it through a seive, loose the skin of the eel, cut the body in pieces about three inches long, cook them in the sauce, let them get cold, roll them in grated bread, dip them in beaten eggs, roll them again in bread, fry them on a gridiron, and serve them with a pungent sauce. (129)

Barbillon, tench and perch.

449. These fish may be treated in every respect as it is described for the carp.

Gudgeon and sand fish.

450. After they are cleaned, sprinkle them with a little salt, roll them in flour and fry them in a good deal of butter.

Lobsters.

451. Cook them rapidly with water and a little vinegar, and serve them with fried parsley.

Cat fish.

452. Clean and scald them, cut the head off, scrape the shin, wash them with a little vinegar, sprinkle a little salt and saltpetre over, let them stay for a few hours, and treat them as directed for the carp.

PART XIV.

VEGETABLES.

Young peas.

453. Toast the peas for two or three minutes in a brown

sauce, (106) add a little broth, salt, pepper, parsley, chives and lettuce, reduce it till the gravy is almost gone, when ready to serve, mix two yellow of eggs with it.

Peas with roasted ham.

454. Fry a few slices of ham, add some broth, a bunch of parsley and chives, a little salt and pepper, put the peas to it and cook it slowly.

Dry peas.

455. They are generally used to make porridge.

White beans.

456. Put them in boiling water with a little salt, when they are cooked, drop the water off, put them in a stew pan with a piece of butter, some chopped parsley and chevril, season with salt and pepper, and when ready to serve, add a little lemon juice or vinegar.

White beans with brown sauce.

457. Toast some sliced onions in a brown sauce, (106) add some water, a little salt, pepper, a bunch of parsley and chives, boil it until the onions are well done, put the bones to it after they have been cooked as described in the preceding receipt.

White beans with gravy.

458. Make a light brown sauce, add all the pieces of your roasted meat or fowls, season with salt, pepper, and grated nutmeg, and cook it till the beans get tender.

Observation.

459. The peas, beans, lentils, and many other sorts of vegetables, must be cooked in river or rain water, by this precaution they will get more tender.

Lentils.

469. Toast them exactly as prescribed. (457)

Green beans.

461. Do as it is indicated for the young peas. (453)

Potatoes a la maitre d'hotel.

462. Choose some middling sized potatoes, cook them, cut them in slices, melt a good piece of butter, add some fine chopped parsley, chevril and chives, season with salt, pepper, and a little lemon juice, pour it over the potatoes.

Potatoes with white sauce.

463. Prepare a white sauce, (107) add some milk, a little chopped parsley and chives, season with salt, pepper, and grated nutmeg, put some sliced and cooked potatoes to it, and when ready to serve, mix two yellow of eggs with it.

Fried potatoes.

464. Peal some raw potatoes, cut them in thin slices, put them in a stew pan with a good deal of butter, turn them occasionally till they become yellowish, drop the fat off, put them on a plate and sprinkle a little salt and pepper over them.

Potatoes with brown sauce.

465. Roast some fine cut onions in a brown sauce, (106) add a little broth, season with salt, pepper, grated nutmeg, and a little vinegar, when the onions are done, add the cooked potatoes and let them get warm.

Carrots.

466. Prepare a light brown sauce, add a little sugar and some broth, clean a few carrots, boil them until half done, cut them in slices and put them into the sauce, season with salt, pepper, and grated nutmeg, add a little butter and reduce the sauce. If they are small they may be prepared in fricasse.

Beets.

467. Beets are generally used as salad, (2) but they may be prepared in the same manner as indicated for the carrots, [406] the yellow ones will do the best for that purpose.

Observation.

468. The best way to have a good kind of beets is to plant them in a dry sandy ground, they will gain sweetness. If the soil is too rich, they will become watery and sharp in their taste.

Turnips with mustard.

469. Peal some small turnips, cook them in water, and when they are perfectly tender, mix a spoonful of mustard with a white sauce, [107] when ready to serve, pour it over the turnips.

Turnips with brown sauce.

470. Peal some half cooked turnips, toast them in a brown sauce till they get brownish, add a little sugar and broth, and reduce the sauce.

Turnips with hot butter.

471. Slice some well cooked turnips, pour hot butter over them, and sprinkle with a little pepper.

Onions in matelotte.

472. Toast a few small onions in a brown sauce, [106] let them get yellowish, add a little white wine and some meat broth, [25] season with pepper, grated nutmeg, a little parsley and chevril, when the onions are cooked, add a piece of butter, mix thoroughly, and serve with cooked potatoes or any sort of vegetables.

Onions with potatoes.

573. Peal the potatoes, cut them in four pieces and cook them in water with a spoonful of salt, toast some sliced onions in a good deal of butter, let them become yellowish, add a few spoonfuls of broth, put the potatoes on a plate, sprinkle a little pepper and chopped parsley over them, pour the onions and gravy over.

Salsify and Scorzonari.

475. Clean them as directed above, put them for one hour in a brine composed of a little vinegar, salt and pepper, dip them in a batter, (191) fry them rapidly without letting them get brownish.

Cooked celery.

476. Take the stalks of young celery, cut them about three inches long, pour some boiling water over them, drain the water off and cook them in a brown sauce, (106) and add some broth, a little salt, pepper and grated nutmeg.

Fried celery.

477. Cook the stalks in broth, and when tender, dip them in a batter, (191) and fry them till they become yellowish.

Asparagus.

478. Clean them and cook them for a quarter of an hour, and serve with a white sauce, [108] or with butter.

Asparagus as peas.

479. Put them for a few minutes in fresh salted water, cut the green part in small pieces of the size of peas, and cook them as prescribed. (453)

Fried asparagus.

480. After they are cleaned, pour some boiling water over them, drain the water off, tie three pieces together, dip them in a batter and fry them in very hot butter till they become yellowish.

Artichoke.

481. Cut the under part and the outside leaves off, cook them till they are perfectly tender, serve with a white sauce, or with fresh butter and salt.

Artichoke a la barigoule.

482. Clean them and pour some boiling water over them, drain the water off, put in a stew pan some chopped bacon, butter, mushrooms, shalots and parsley, all chopped fine, season with salt, pepper, and grated nutmeg, cook this stuffing for five or six minutes, let it get cold, cover the artichokes with the stuffing, put some slices of bacon in a stew pan, place an artichoke upon each slice, add a little meat broth, a bunch of parsley and chevril, cover the pan and put live coals on it, cook it slowly for half an hour, take the greens off and serve with the sauce.

Cooked hops.

483. Make a light brown sauce, add a half pint of broth and a few spoonfuls of grated bread, the juice of a lemon or a little vinegar, one chopped onion and a little salt, put two handfuls of green hops to it, cook it for twenty minutes.

Cucumbers with cream.

484. Peal them, cut them in two, take the seeds out, cut them in blocks about half an inch in size, pour some boiling water over them, draw it off, repeat this operation three times, put them on a clean cloth and dry them, make a white sauce, add a little salt, pepper, grated nutmeg, and a few spoonfuls of cream, put the cucumbers to it, and let them get warm without boiling.

Stuffed cucumbers.

485. Prepare them as indicated above, fill them with the stuffing as for the artichoke, (482) finish the cooking in the same manner, but add a half pint of white wine.

Squashes.

486. Treat them exactly as indicated in the two above receipts.

Tomato.

487. Tomatos are used as catsup, tomato butter, and tomato sauce. (18, 19, 119)

Cooked tomatos.

488. Mash them, pass them through a seive, boil the juice for half an hour, add a little salt, a good deal of pepper, a few cloves, and juice of a lemon, boil a few minutes longer and serve with any sort of meat.

N. B. The skin and seeds of tomatos must always be left out, they are considered as not very wholesome.

Spinnage a la maitre d'hotel.

489. Put it in boiling water for one minute, take it out and put it in fresh water, drain the water off and cut it coarsly, put it over a little fire, add a piece of butter, a little salt, pepper, and grated nutmeg, cook it for five minutes, and serve it with roasted bread upon the plate.

Spinnage pie.

490. Chop the spinnage with three onions, cook it for a quarter of an hour with a quarter of a pound of butter, soak some bread into milk, mix it with the spinnage, let it cool, add six beaten eggs to it, season with a little salt and grated nutmeg, put it again on the fire, stirring constantly till it gets thickish, grease a tin pan with butter, mix the whole of three beaten eggs to it, put it into the pan and bake it in a hot oven; it will take about half an hour until it is baked, and serve with a white sauce.—(108)

Succory and lettuce.

491. Both may be treated as for the spinnage.

Stuffed lattuce.

462. Take some fine heads of lattuces, wash them and take the outside leafs off, prepare a stuffing as for the artichoke, (482) and finish also.

Sorrel.

493. Chop together some well washed sorrel, lattuce, and a little parsley, put it in a stew pan, stirring constantly till it gets very tender, add a piece of butter, a little salt and pepper, mix the yellow of eggs with a little milk, put it to the sorrel, mixing all thoroughly.

Sorrel with gravy.

494. Do as prescribed in the preceding receipt, but instead of butter and eggs, take all the gravy of your roasted meat or fowls and pour it warm over the dish.

Stuffed cabbage.

495. Take the outside leaves off, boil the head for ten minutes, chop some lean ham, mix it with the same stuffing as prescribed, (482) put some of it between every leaf, bind it up, cover the bottom of a pot with some slices of ham, place the cabbage upon it, cover again with sliced ham, add some meat broth, a few carrots, onions, a bunch of parsley, chevril and chives, season with pepper, two cloves and a little grated nutmeg, cook it until the cabbage is well done, unbind it, and reduce the sauce, pass it through a coarse seive, and pour it over the cabbage.

Cabbage with smoked pork.

496. Cut a well dressed cabbage in four pieces, cover the bottom of a pot with some thick sliced ham, add a piece of smoked pork, a quart of broth, season with pepper, grated nutmeg, a bunch of parsley and chives, boil for an hour, then put the cabbage to it, and cook it for half an hour longer, pass the sauce through a seive, pour it over the cabbage, and place the piece of pork upon it.

Cabbage with cream.

497. Cook it in water and a little salt, until perfectly tender, drain the water off, chop it coarsly, toast it in butter, season with a little salt, pepper, and grated nutmeg, add a pint of cream, and cook it on a very slow fire till the cabbage is almost reduced to mush.

Choucroute, or sour-crout.

498. Soak it for an hour in fresh water, wash it several times, squeeze the water out, put it into a pot with a piece of pork, carrots, or sausages, add some broth, cook it for two hours on a slow fire, drain the juice off, and place the pork and sausages upon it.

Red cabbage.

499. Cook until half done, drain the water off, add a little vinegar, a piece of butter, a little salt, pepper, and grated nutmeg, mix thoroughly, and serve as a salad.

Cauliflower with white sauce.

500. Dress them, put them in boiling water and add a little salt, cook them for a quarter of an hour, drain the water off, and pour a composed white sauce over it.

Stuffed cauliflower.

501. Treat it as for the artichoke, (482) and serve it with an Italian or tomato sauce. (117, 119)

Pumpkin pie.

502. Peal the pumpkin, take the seeds out, cut it in pieces of the size of a nut, cook it till it becomes as thick as mush, let it get cool, add a spoonful of potatoe feculum dissolved in a little milk, a few beaten eggs, and some pulverized sugar, knead all thoroughly, grease thickly a stew pan with butter, sprinkle it all round with fine grated bread, put the pumpkin into it, place it upon hot ashes, cover with live coals, cook it for half an hour, turn the pan over a large plate, and serve it while it is warm.

Rice pie.

503. Cook the rice with milk, when it gets too thick, add gradually a little more of milk, let it get cool, mix some pulverixed sugar with six beaten eggs, knead all together, grease thickly a stew pan, fill it a little over half full, place it over hot ashes and cover it with live coals, and cook it for about twenty minutes. If some raisins and butter is added with the dough, it will pass as an English pudding.

Cooked rice with butter.

504. Melt a good piece of butter in warm water, season with a little salt, pepper, and grated nutmeg, cook the rice till it is perfectly done.

Macaroni.

505. Take one pound of macaroni, cook them in broth, [but do not let them boil over ten minutes,] drain the broth off, and put them in a stew pan with a quarter of a pound of fresh butter and as much grated cheese, add a little pepper, grated nutmeg, and a few spoonfuls of cream, serve when the cheese is entirely melted.

N. B. Vermicella and noodles may be prepared in the same manner.

To green the noodles.

506. Use the spinnage green as described. (24)

Fried potatoes—Dutch fashion.

507. Take some cooked potatoes, peal and mash them, add a little salt, milk, and a few eggs, knead all together, make some balls of the size of an egg, and fry them in hot butter.

Rice flitters.

508. Cook the rice with milk, sugar, a little butter and cinnamon powder, when it is well done, let it get cold, mix a few yellow of eggs with it, make some balls, dip them in beaten eggs, roll them in grated bread, and fry them in butter, sprinele a little fine sugar over them, and serve quite warm.

Fried celery.

509. Take the stalks, dress them, and pour boiling water over them, let it drain off, put some slices of bacon in the bottom of a stew pan, place the celery upon it, season with salt and pepper, add a half pint of white wine and as much broth, cook on a slow fire, when done, let the stalks get cool, dip them in a batter, (191) and fry them in hot water.

Elder-blossom flitters.

510. Take some whole elder blossoms, dip them in a batter, and fry them in a good deal of butter.

Potatoe quennelles.

511. Cook and peal the potatoes, mash them, add a large piece of butter, some salt, pepper, grated nutmeg, parsley and chives, chopped fine, mix and knead all thoroughly with three yellow of eggs, make some balls, dip them in beaten eggs and fry them in butter, serve with a tomato or pungent sauce. [129]

Brioche flitters.

512. Dip some slices of brioches in cream, roll them in flour and fry them rapidly.

Flitters with white bread.

513. Dissolve some sugar in claret wine, add a little cinnamon powder, soak some slices of bread in the wine, drain it off, dip the bread in a batter, (191) fry it in butter, when ready to serve, sprinkle a good deal of fine sugar over them.

Ribbon flitters.

514. Make a thick batter, (191) put it in a collender, let ran in very hot butter, and while it is raning, form some rings, or any other shape you please.

Potatoe flitters.

515. Mash a few cooked potatoes, add a little rice flour, two beaten eggs, season with salt, pepper, and grated nutmeg, roll the dough about as thick as a finger, cut them three inches long, dip them in a batter, (191) sprinkle with grated bread, and fry them in hot butter.

Salad.

516. Season your salad with salt, pepper, and vinegar, let it stay for a quarter of an hour, draw the deposit off, add some fresh olive oil, or melted butter, mix thoroughly. Some hard eggs cut in slices may be placed upon it. If the salad dish is rubbed with a little piece of garlic, it will heighten the flavor.

PART XV.

EGGS.

Soft eggs.

517. Boil the water, pour it over the eggs, let it stay for four or five minutes, draw the water off, and pour again boiling water over them. This method is the surest to have them right.

Mixed Eggs.

518. Melt a piece of butter in a stew pan, add a little cream, break the eggs in it, season with salt, pepper, and grated nutmeg, mix all together, but do not cook them too hard.

Mixed eggs with asparagus.

519. Do as directed above, and add some finely cut asparagus or cauliflower.

Mixed eggs with preserves.

520. Treat them as prescribed, (518) but omit the cream, and mix some abricot, peach, or prune preserve, with it.

Mixed eggs with ham.

521. Do as indicated, (518) cut some cooked ham or veal kidneys in small pieces, and add it to the eggs. Mixed eggs may be prepared in many other ways, as it may be perceived in the preceding receipts.

Cooked eggs in water.

522. Take some fresh eggs, break them in a little boiling water, with salt and a spoonful of vinegar, serve them upon a plate of porridge, minced meat, or with tomato sauce, &c., and sprinkle a little pepper over.

Fried eggs.

523. Put a piece of butter or lard in a stew pan, let it get very hot, break your eggs in it, do not let the yolk get hard, and serve them as afore said.

Eggs au gratin.

524. Take a piece of butter, some crumbles of bread, a little chopped parsley, chives, and one shalot, add three yellow of eggs, a little salt, pepper, and grated nutmeg, mix all well, put it on a plate about two lines thick, place it on hot ashes, break the eggs upon the plate, pass a hot iron shovel over them, when cooked, sprinkle a little salt and pepper over every yolk.

Eggs with cheese.

525. Do as prescribed above, but instead of the seasoning and the herbs, add some grated cheese and a little pepper.

Eggs with cream.

Put a piece of butter in a stew pan, add some chopped parsley and chives, a little salt, pepper, grated nutmeg, and a half pint of cream mixed with a spoonful of flour, stir till it begins to boil, put some sliced hard eggs to it, warm them, but do not let it boil.

Eggs a la tartuf.

527. Toast a few thin slices of ham in a stew pan, put them in a plate with two spoonfuls of white wine, break the eggs upon it, sprinkle a little salt, pepper, and grated nutmeg, over it, pass a hot shovel over the eggs till they are cooked.

Eggs with milk.

528. Boil a quart of milk with a qnarter of a pound of loaf sugar, skim it carefully, beat ten yellow with the white of five eggs, add a spoonful of distilled orange flour water, put it in a deep plate, let the milk get a little cool, put it gradually with the eggs, stirring all the time, till it becomes very thick, have some boiling water in a pot, place the plate upon it to keep it warm, put a large iron cover upon it, and charge it with live coals, when it is cooked,

take the plate off, and sprinkle some fine grated sugar over it.

Eggs in snow.

529. Beat separately the yellow and white of one dozen of eggs, add gradually some powdered loaf sugar and a little milk with the yellow, boil a quarter of a gallon of milk with a quarter of a pound of loaf sugar, take a spoonful of the beaten white, dip it in the boiling milk for about one minute, put piece by piece on a large plate, continue until it is all gone, boil the yellow till it becomes thickish and pour it over the whites.

N. B. This sauce may be flavored according to taste.

Omelette with herbs.

530. Mix with the eggs some chopped parsley, chevril and chives, season with salt and pepper, fry it in butter and double them. They may be prepared with cooked and chopped veal kidneys, or with asparagus and mushrooms, serve with cooked sorrel or succory. (490, 493)

Omelette with preserves.

531. Do as above, but omit the herbs, cover with any sort of preserve, double it and sprinkle a good deal of fine sugar over it.

Blowed omelette.

532. Beat the white of one dozen eggs till they get like snow, mix six spoonfuls of pulverized loaf sugar with the yellow, put the white and yellow together, mix both with a spoon, melt a quarter of a pound of fresh butter, put the eggs to it, place the pan upon very hot ashes, (but do not boil it) when it becomes thick, slip it on a well greased plate, place it again on hot ashes, put an iron cover over the plate, charge it with live coals, when it has raised, serve immediately.

Omelette with sugar.

533. Do as before, and when it is done, sprinkle a good deal of fine sugar over it, pass a hot iron shovel over it till it becomes brownish, and serve immediately.

Red eggs for salad.

534. Cook the eggs until they are hard, peal them, and put them in red vinegar for an hour, cut them in slices and place them upon a plate of salad.

PART XVI.

MILK.

Rennet to curdle the milk.

535. Take the stomach of a young calf, put the inside in a bowl, wash the stomach, mix a half hand full of salt with what is in the bowl, put it again in the stomach, place it in an earthen jar, adding a tumbler full of brandy and as much water, let it stay for five or six weeks, pass the liquid through a double flannel, put it in a weel corked bottle. A half spoonful is sufficient to curdle a gallon of milk.

Swiss cheese.

536. Mix the evening with the morning milk, put it in a clean copper kettle, add a half spoonful of rennet (535) to every gallon of milk, warm it until it gets about forty or forty-five degrees of the thermometer of Reaumur, stirring all the time with a wooden spatula which ought to have four wings, continue this operation till the milk is perfectly curled, take it from the fire and let it stay for a quarter of an hour, take then a clean cloth in both hands forming a kind of a pasquet, in this manner dip it slowly down the kettel and gather all the solid part in the pack, put it then in a clear cloth, let it drain off for two hours, take it out, cut it in pieces and put it again in an other clean cloth, and let it drop off for a half an hour longer, surround a well sized form with another cloth and put the cheese into it; place a board of the same size upon it, and press it with a lever, let it stay for eight or ten hours, take it out and cut a little of the edge off, put it in a cool place, turn it for six weeks every two days, and rub it each time with a little salt.

Red Swiss cheese.

537. Take a seasoned Swiss cheese prepared as above described, rub it every day with a few spoonfuls of claret wine, turn it each time for about a month. This cheese will assume a very pleasant taste and render the dish more ornamental.

Dutch cheese.

538. Do as described, (536) but do not drop off either press when in the form, put it in a warm aired place and

cover it with a cloth which has to be changed and dipped in milk warm salt water to keep it moist, continue in this manner until it gets soft and thorough.

Munster cheese.

539. Treat it as described in the preceding receipt, but before it is put in the form mix a spoonful of cumine seed with it.

Cream cheese.

540. Mash some curled milk with a third part of fresh cream, put a half pint of it in a fine cloth, place it in a stone jar, sprinkle a little salt and water over it, repeat this operation every week, when ready to serve, take the cloth off.

Observation.

541. It is very important in making cheese to keep all the utensils perfectly clean and not to neglect the time for its preparation.

To clarify butter.

542. This preparation is of great importance for every housekeeper, it consists only in separating the serum from the buttery part. To obtain this object it is necessary to boil the butter on a very slow fire, the wattery part will then evaporate and the serum will form a deposit in the bottom of the kettel. This butter is preferable to fry or to grease any sort of vegetables or meagre soups.

Frothed cream.

543. Take a half pint of fresh cream, add a quarter of a pound of pulverised loaf sugar, and a half teaspoonful of dissolved gumarabic, flavor with a few drops of lemon oil, (or others according to taste) beat it until it gets as white as snow, and serve immediately.

Frothed cream with vanilla.

544. Do as desbribed above, but instead of lemon oil, add a few drops of vanilla essence.

Frothed cream with coffee.

545. Treat it as directed, (543) add a spoonful of a strong infusion of coffee.

Frothed cream with cordial.

546. Prepare it as indicated (543) add a little more sugar and gumarabic, add a few spoonfuls of anis, perfect

love, or noyaux cordial, put a spoonful of the liquor in an ice cream glass, and fill it with the froth.

Frothed cream with chocolate.

547. Pound a little chocolate with warm water, mix with the cream prepared as (543) and beat it well.

To color cream froth in yellow.

548. Before the cream is beat, add a little infusion of safran.

To color cream froth in blue.

549. Dilute in a china cup a little carmine, add a few atoms of carbonate of potash, put the latter by degrees till you get the wished color.

To color cream froth in rose.

550. Dilute a little carmel in gummed water.

Superior rose color.

551. Wash in fresh water four ounces of carthamum or safranum flowers, put it in a small pack, wash it again in rubbing it between both hands, till the water don't get any more colored, then boil it in water, adding two drams of carbonate of potash, pass the decoction through a fine hair seive, or filter through a fine cloth, and put a spoonful of clear lemon juice to it, when the sediment is formed, draw the water off, put what is on the bottom on a dish and let it get dry, and keep it in a dark place. A little of it dissolved in water will develope a beautiful rose color.

To color cream froth in blue.

552. Take one dram of fine powdered indigo, put it in a small bottle, add one ounce of sulphuric acid, keep the bottle warm, add eight times as much water, dip a bunch of white wool into the dissolution, let it stay for a quarter of an hour in a small quantity of water, and squeeze the wool out, a little of it will color the cream in a light blue.

To color cream froth in green.

553. Take an infusion of safranum, mix more or less with the above described blue.

N. B. All these preparations may be used to color liquors, jellies, &c.

To keep the milk sweet.

564. Boil the milk morning and evening and it will keep good for several days.

Method to reduce Milk in powder.

565. Evaporate the milk upon hot ashes, until it gets to powder, put it in a small bottle, when used take a tea spoonful and dissolve it in a cup full of water.

Manner to rise the cream quickly.

556. Put the milk in a bowl, let it stay for four hours, then put the bowl in hot water for one hour and a half, and all the cream will be on the surface.

Cream with strawberries.

557. Take a pint of fresh cream, add six ounces of pulverized loaf sugar, a teaspoonful of gumarabic in powder, a half pint of strained strawberries, beat the cream with the rest, and heap it up in a rock-like manner. The pulp of raspberries, abricots and peaches, may be treated in the same way.

Lemon cream.

558. Take a pound of hard cristalized loaf sugar, rub the rind of a fresh lemon on it, put a half gallon of milk and a pint of fresh cream in a copper kettel, add eight yellow of fresh eggs, stir till the sugar is melted, put it over a slow fire, stirring constantly, as soon as it gets thickish and is making a little noise in the bottom of the kettel, take it from the fire, put it in a bowl and let it cool. If no fresh lemons are on hand, it may be supplied with a few drops of lemon oil.

Coffee cream.

559. Prepare it as prescribed above, but instead of the lemon, add a cup full of coffee essence, (669) and cook it as above.

Chocolate cream.

560. Put two ounces of pulverized chocolate with the same quantity of milk, cream and sugar, add only four yellow of eggs, mix all well, and do as indicated, (558)

Vanilla cream.

561. Do as described, (558) but add a spoonful of vanilla syrup. (658)

Tea cream.

562. Add with the milk, cream and sugar, a strong cup full of infused tea, finish as indicated, (558) but add four more yellow of eggs.

Observation.

563. All these creams may be worked for ice-cream as indicated below.

Manner to freeze ice-cream.

564. Have a well cleaned freezer made with tin and doubled with lead on the outside of the bottom, put the cream, cooked as aforesaid, into it, and cover it, place it into a tub twice as wide in diameter as the freezer, surround it with broken pieces of ice, put four or five hands full of coarse salt over it, clean the top of the freezer, turn it rapidly, and about every hundred turns, scrape the frozen part down with a wooden spatula. The more the cream is worked quickly and scraped down, the better it will be; when it is as hard as butter, it is then fit for use.

Strawberry ice-cream.

565. Take a pound of strawberry juice passed through a hair seive, add a half pound of pulverized loaf sugar, a half pint of fresh cream, and three or four spoonfuls of cocheneal syrup to heighten the color, and work it as prescribed in the preceding receipt.

The raspberry ice-cream is treated in the same manner, and in the same proportion as indicated above.

Cream a la frangipane.

566. Dilute two spoonfuls of potatoe feculum in a pint of milk, add a quarter of a pound of pulverized loaf sugar, six yellow of eggs, a little grated fresh lemon rind, mix thoroughly and cook on hot ashes, stirring till it becomes thickish. This cream may be put in pies.

Blowed cream.

567. Mix eight yellow of eggs, two spoonfuls of potatoe feculum, four ounces of pulverized loaf sugar, a spoonful of orange flower water, with a quarter of a gallon of fresh cream, cook it for a half an hour on a slow fire, beat the white till it gets frothy, mix it with the cream on the same plate which has to be served, sprinkle thickly with fine sugar, put the plate on hot ashes, cover it and put some hot coals over it, ten minutes will be sufficient to have it rightly done.

Cream in little pots.

568. Prepare the cream as described, (558) but mix the whole eggs with it, put it in small little pots and cook them in boiling water about half as deep as the height of the pot. Creams of any sort as described in the preceding receipts, may be prepared in this manner.

Cream flitters.

569. If some potatoe feculum is mixed with any sort of cream as above described, it has to come to boiling, then to get cool, to be cut in slices, and to be dipped in a batter, (191) and fried in butter.

PART XVII.

JELLY.

Sweet jelly.

570. Take four cleaned calf's feet, rub them with lemon juice, cook them for three hours in a half gallon of water, pass the juice through a flannel, let it get cool, add some beaten white of eggs, mix well, put it again to the fire, skim it carefully, pass it through a towel, and mix plain syrup (647) with it.

Vanilla jelly.

571. Take some of the jelly as above described, add two spoonfuls of vanilla syrup, (658) to it, put it in small glasses, place it in a cool situation, when ready to serve, wrap a warm cloth round the glass and turn it over the dish.

Orange jelly.

572. Take the juice of six oranges and two lemons, add ten ounces of plain syrup, (647) skim it and put it with a sufficient quantity of jelly as described, (570) finish as mentioned in the preceding receipt. It may be colored with a spoonful of a light infusion of safrannum.

Jelly with cordial.

573. Mix any sort of good cordial, either anis, noyaux, perfect love, or other, with a pound of plain syrup, finish as afore directed.

Observation.

574. Jellies as described in the preceding receipts may be served in small glass dishes distributed along the table.

Jelly with fruits.

575. Place a tin form between some broken pieces of ice, put about an inch deep of cordial jelly in it, let it get cool, arrange some preserved fruits upon it, add gradually some other colored jelly on it, let it get cool again, make another layer of fruits, and then again some jelly, repeat this operation three or four times, when ready to serve, surround the form with a warm cloth and turn it over a dish.

White almond jelly.

576. Pound six ounces of sweet almonds, add a spoonful of water, make it very fine, mix it with a quart of milk, press it through a thick towel, dissolve in what has passed a half pound of pulverized loaf sugar, and mix it with two pounds of sweet jelly, (570) put it into a form and finish as above directed.

Surprising jelly.

577. Have several tin forms without bottoms, the first two inches diameter on one end and one inch on the other with three inches in height, the second an inch more in every respect, and so progressively four or five times, put the smallest on a plate and fill it through the small end with rose jelly, let it get solid, then take the form off, putting a warm cloth all round, place the second over the jelly, and fill it gradually when almost cool with orange jelly, let it get solid again, loose it in the same manner, repeat this operation twice more in increasing the forms and changing the colors and flavor of the jelly, the last and outside jelly has to be white, (576) in order to hide the transparent insides.

Observation.

578. With a little attention, jellies may be put in any shape, and it contributes a good deal to render the table more ornamental.

PART XVIII.

COOKED FRUITS.

Apple charlotte.

579. Peal the apples, cut them in slices, take the cores

out, cook them in a close copper kettle, when done, add a third part of their weight of sugar, a little powdered cinnamon, and a piece of a lemon, reduce the marmelade till it gets thickish, take some slices of soft bread, dip them in melted butter, cover the bottom and the surrounding part of a stew pan with them, fill the middle with the marmelade, cover with buttered slices of bread, place the stew pan upon hot ashes, put some live coals on the top; when done, turn the pan over a plate.

Pear charlotte.

580. This is exactly prepared as described above, except that a little water must be added while the pears are cooking.

Peach charlotte.

581. Peal the peaches, take the stones out, cook them in a kettle, add pound per pound sugar to it, when they are done, take a few spoonfuls of the juice and mix two spoonfuls of potatoe feculum with it, put it to the peaches, stirring constantly till it becomes thickish, take it from the fire, put it in a bowl and let it cool, finish as described. (579)

Apple flitters.

582. Peal the apples, take the cores out, cut them in thin slices, put them for two hours in a brine composed of brandy, sugar, and powdered cinnamon, drain them off, dip them in a batter, (191) and fry them on a middling hot fire, drain the butter of, and sprinkle fine sugar over them.

Peach flitters.

583. Prepare as for the apples, put them in a brine composed of sugar and white wine, finish as indicated above.

Abricot flitters.

584. Take the abricots when not quite ripe prepare them as for the peaches, roll them in fine sugar, and finish as above directed.

Prune flitters.

585. Take the stones out, put them in a brine composed of fine sugar and brandy, finish as for the others.

N. B. Cherries, raspberries, and strawberries, may be prepared as for the abricot flitters. (584)

Apple cracklings.

586. Take a piece of Spanish dough, roll it out about a line thick, cut it in round pieces about three inches in diameter, put a teaspoonful of apple, peach, or prune preserve upon each piece, double it and make the edges stick together, fry them in butter.

Apple pie.

587. Butter the inside of a stew pan, sprinkle thickly with grated bread, then pass over some beaten eggs, put the apple marmelade into it, cook upon hot ashes and place live coals over it, bake for half an hour.

PART XIX.

PASTRY.

Dough for pies.

588. Put two pounds of flour upon a table, make a whole in the middle, add a pound of butter, four eggs, one ounce of salt and a pint of water, knead and work all thoroughly.

Spanish dough.

589. Take two pounds of flour, add four ounces of butter, two white of eggs, one ounce of salt, work well the dough, let it stay for half an hour, roll it out and extend one pound of butter all over, put one half of the pieee over the other, then double it again, let it stay for a quarter of an hour, roll it again and double it, repeat this operation five times, then roll it out to a quarter of an inch thick, and cut it in round pieces for your pies or other purposes.

Dough to make light buiscuits.

590. Take one ounce of good yeast, mix it with a half pound of flour and some milk warm water, put it in a warm situation, and when it has raised, knead it with a pound and a half more flour, one ounce of dissolved salt, and six eggs, work it well, form a small loaf of it, sprinkle some flour over a clean towel, place it upon it, spread some flour on the top, and wrap the towel round the dough let it rise for ten hours, form some round balls the size of a dollar, grease iron pans put them upon them and bake them for a half an hour in a hot oven.

Biscuits with buttermilk.

591. Dissolve a half ounce of salt in a pint of buttermilk, add a teaspoonful of soda powder, knead this mixture with sufficient quantity of flour to make a middling thick dough, flour your biscuits, place them in a buttered iron pan, let them stay for two hours, and bake them in an oven.

Biscuits with butter.

592. Prepare the yeast as for the light biscuits, (590) knead it with two pounds of flour, three quarters of a pound of fresh butter, a little dissolved salt, and sufficient quantity of sweet milk to make a middling thick dough, form your biscuits, place them in a buttered iron pan, and color them with a beaten egg, bake in an oven.

To keep good yeast.

593. Make a very thin mash with flour and water, boil it slowly for a quarter of an hour, when almost cool, add a few spoonfuls of brown sugar and three spoonfuls of fresh yeast, put it in a warm situation, after the fermentation, draw the liquid away, and put the thick part in a well corked bottle, keep it in the cellar. A few spoonfuls of this yeast mixed with what is prescribed above, will renew the same quantity.

Cold meat pie.

594. Prepare a stuffing composed of some chopped veal, chicken, and bacon, add a little salt, pepper, and grated nutmeg, cut the same quantity of cooked veal, fowl, and ham, in thin slices, roll out a piece of dough, (588) grease an iron pan, cover it with the dough, put a little of the stuffing on the bottom, make a layer of the sliced meat, sprinkle with a little salt and pepper, drop a little lemon juice over it, begin again with the stuffing and continue in the manner as above directed, cover with a piece of the same dough, and double the edge with the same stick a greased cork in the middle, color all over with a beaten egg, put it in a hot oven for a half an hour, take it out, open the hole and pour a half tumbler full of white wine and vinegar into it, put it again in the oven, and finish baking it; serve cold.

Warm meat pie.

595. Do exactly as directed in the preceding receipt, but instead of wine, put a ragout sauce into it.

Little minced pies.

596. Take a piece of dough, (588) roll it out about a quarter of an inch thick, cut it in small round pieces, chop some scraps of cooked meat, fowls, &c., add a little fine parsley and chives, season with salt and pepper, mix all well, put a teaspoonful of it upon every piece of dough, cover it with an other piece, sticking the edges together, color them with a beaten egg, bake them and serve while they are warm.

Sweet minced pies with fruits.

597. Take three pounds of pealed apples, cut the cores out, put them in a clean copper kettle, add a half pound of brown sugar, a quarter of a pound of currants or raisins, a pound of scraped fresh beef, some powdered cinnamon, alspice and nutmeg, cook till the apples are done, stirring constantly, let it get cool putting it into a bowl, put two spoonfuls of it upon a round piece of dough (588) cover with the same, and finish as described in the preceding receipt.

English minced pies.

598. Scrape two pounds of lean beef, add two pounds of apple butter, two pounds of currants, the juice of a lemon with the rind finely chopped and a pint of malaga wine, season with a little grated nutmeg, three pulverized cloves and one dram of maze, cook altogether for a quarter of an hour, and form either small or large pies in the same manner as prescribed before.

Tart with stewed apples.

599. Do as prescribed, (597) and fill the tarts with stewed apples, (626) sprinkle a little pulverized sugar and cinnamon over them.

Another.

600. Take some stewed pears, (627) rub a fresh lemon on loaf sugar, and sprinkle over the tart.

Another.

601. Take stewed peaches, do as before, and sprinkle only with fine sugar. Abricots may be used as well as peaches.

Another.

602. Stewed strawberries and raspberries, (634) may be used for the same purpose, but spread the pies thickly with fine sugar.

Tarts with marmelade.

603. Peach, abricot, prune, cherry, strawberry and raspberry, marmelade, will make very good tarts, if prepared as above directed.

Small tarts with fruit jelly.

604. Make a Spanish dough, (589) cut it after having been rolled in small rounds, with a little ring of the same dough around, bake them, let them get cool, and put a tea spoonful of apple, quince, cherry, prune, currant, or any other fruit jelly in the middle.

N. B. It depends a great deal on the skill of the confectioner, to vary the size and forms of all the pastry part.

PART XX.

FINE PASTRY.

Sponge cake.

605. Beat the white and the yellow of one dozen eggs separately, add to the yellow gradually one pound of pulverized loaf sugar, and then a half pound of sifted flour, mix it with the beaten white, stirring thoroughly, add a few drops of lemon oil, fill a well buttered form about half full, put it in a middling hot oven, when baked turn the form, serve when it is cool. It may be iced as described below.

To ice cakes.

606. Pound some loaf sugar very fine, mix it with the white of an egg and the juice of a half lemon, beat it till it gets thick and very white, cover smoothly the cakes and let it dry in a warm place. Ice cakes may be ornamented with colored sugar, or painted with vegetable colors.

Light sponge cakes.

607. Do as described above, but take only half as much flour, and a few more white of eggs; spread a little fine sugar over fine paper, and put a teaspoonful of the dough

about an inch distance one from the other on the paper, bake in an oven moderately warm, when baked loose them immediately with a knife.

Sponge cakes with chocolate.

608. Take the white of six eggs and beat them, mix with the yellow three ounces of flour, an ounce of powdered chocolate, and as much sugar, beat it well, mix gradually with the frothed white, stirring thoroughly, put this dough in a well buttered form, and bake in a middling hot oven; it may be iced and ornamented.

Baba.

609. Make a dough like 605, add for the same quantity a half pound raisins and as much currants, (the dough has to be a little thin,) grease a form, put the dough into it, put it in a warm situation for six hours, and when it has raised double its volume, bake it.

Pouplin.

610. Warm a quarter of a pound of butter in a quarter of a gallon of water, and add a little salt, take it from the fire and mix gradually as much flour till it gets as thick as thin mush, put it again to the fire, stirring constantly till it begins to stick on the bottom of the pan, let it get cool, mix eggs enough with it until it becomes thin, grease a large form, fill it only a third of its size and bake it in a hot oven, when baked, cut it in two and put a little fresh butter in the division, when ready to serve, sprinkle a little fine sugar over it.

Meringue.

611. Beat six white of eggs, when it is in froth, add gradually three ounces of very fine pounded loaf sugar, and a few drops of lemon oil, beating all the time, put teaspoonful by teaspoonful separately on a fine paper, bake them in a very mild oven, do not let them get yellowish, when cool, scratch the inside out, put some frothed cream (544 or others) in the hollow, unite the two pieces, heap them upon a plate in a pyramidical shape.

Darioles.

612. Mix together four ounces of flour, six ounces of fine sugar, a quarter of a pound of butter, and a little grated lemon peal, put this dough into little forms and bake in a hot oven.

Macaronies.

613. Take a half pound of almond kernels, scald them twice, take the peal off, put them between a dry cloth, pound them in a mortar, adding occasionally a little water, then gradually a half pound of fine loaf sugar and a little grated fresh lemon peal, a few beaten white of eggs, mix all thoroughly, make a thick dough, take about the size of a small nut and distribute it upon a paper, bake in a midling warm oven.

Massepains.

614. Do as described above, but add only half as much sugar, make the dough very thick, roll it in fine sugar, let it stay for one hour, roll it out about four lines thick, cut it in any shape you please, finish as for the macaronies, when baked, roll them in the white of a beaten egg, and then in fine sugar.

Almond pie.

615. Pound a quarter of a pound of almonds, add the white of an egg, six ounces of fine sugar, and two macaronies, pound all together, put a teaspoonful of it upon a small round piece of rolled Spanish dough, cover it with the same, stick the edges together, and bake as for the macaronies.

Pie with preserve.

616. Make a Spanish dough, (589) roll it out and cut it in round pieces, put a spoonful of peach, abricot, or any other sort of preserve upon it, cover it with the same dough, stick the edge together, bake in a warm oven, when done, sprinkle a little fine sugar over it.

Cream pie.

617. Do as prescribed above, but instead of preserve, add some cream a la frangipane. (566)

Fruit cake.

618. Prepare a dough as for the sponge cake, (605) put it about a quarter of an inch thick in a well buttered tin pan, have several of the same size, bake them in a moderate warm oven, cover with preserve, place another cake upon it, repeat the same three or four times, sprinkle thickly with fine sugar and cut regularly the edge off.

Croquantes.

619. Do exactly as for the massepains, (614) but add two ounces of potatoe feculum, cut them in any shape, when baked, pyramids, houses, &c., may be fixed up with the pieces; in that case make them stick together with a dissolution of gumarabic.

Croquignoles.

620. Pound a quarter of a pound of almonds, add gradually two white of eggs, a quarter of a pound of fine sugar, a half pound flour and a half pound butter, make a thick dough, roll it about the thickness of a finger, cut it in small pieces two inches long, put them upon a buttered iron pan, color them with a beaten egg, bake in a warm oven.

Wafer.

621. Mix two ounces of flour, as much fine sugar and cream, and one egg, grease well the inside of a wafer, put a spoonful of the dough into it, place it upon live coals, when the wafer is baked, loose it with a knife.

Flamander wafer.

622. Prepare a dough as for the light biscuits, (590) after it has raised, add some fine sugar, a piece of butter, a few eggs, a few spoonfuls of fresh cream and as much malaga wine, put this dough in a deep wafer, and finish as above prescribed.

Apples in snow bawls.

623. Take a middling sized apple, cut the inside out, fill it with some kind of preserve, surround it thickly with a dough, bake it a few minutes, then ice it all round, (606) and let it get dry.

Christalized orange peal.

624. Cut the peals in slices, soak them in fresh water, drop them off and boil them for a quarter of an hour into a thick plain syrup, let them get cool, roll them in fine sugar, place them upon a sift in a dry situation. Lemon peals may be prepared in the same manner.

Sugar drops.

625. Pound and sift some loaf sugar, moisten it with some kind of aromatic, stir till it don't stick any more on the paddle, color it as indicated for the frothed creams, fill a small pan with a lip, put it on a light fire, stirring all the time till it gets liquid. Have a smooth tin plate, drop

t on the pan regularly, let them get dry, and take them off with a knife.

N. B. The drops may be prepared with any sort of colors and taste, as mint, cinnamon, rose, lemon, &c., it needs only a few drops of the essence mixed with the paste.

PART XXI.

STEWED FRUIT.

Stewed apples.

626. Peal some good apples, put them in fresh water, cut them in two and take the cores out, prepare a plain syrup, (647) when it is clarified add a piece of cinnamon and the juice of a lemon, put the apples to it, cook them till they get soft, take them out and reduce the syrup till it gets as thick as molasses, pour it over the apples.

Stewed pears.

627. Choose some firm pears, prepare them exactly as for the apples, but do not add any lemon juice to it.

Stewed roasted pears.

628. Put the pears in a hot stove, let them roast, take the peals off, and finish them as prescribed above.

Stewed peaches.

629. Cut them in two, take the stones out, put them upon a plate, fill the hollow with sweet wine, sprinkle them thickly with fine sugar, cover with a dish, and place the plate upon hot ashes. Abricots may be prepared in the same way.

Stewed peaches with bordeaux wine.

630. Scald them, take the peal off, open them and take the stones out, roll them in sugar, lay them side by side into a glass or stone jar, sprinkle some fine sugar over every layer, place another layer of preserved strawberries or raspberries upon them, begin again with the peaches, and repeat the same till the jar is two thirds full, pour a bottle of bordeaux wine over it, cover it with a bladder.

Stewed pears with brandy.

631. Boil the pears for about eight or ten minutes, peal them, cut them in slices, roll them in fine sugar, let them stay for an hour, pour a half tumbler full of cogniac over them; serve one hour afterwards.

Stewed green peaches and abricots.

632. Take them when about the size of a hazel nut, wash all the down off, make a rich plain syrup, (647) add the juice of a lemon, cook them in the syrup till it gets a little acid, keep it covered in glass jars.

Stewed prunes.

633. Do exactly as for the peaches. (629)

Stewed straw and raspberries.

634. Take them when not quite ripe, put some fine sugar in the bottom of a stone jar, make a layer of strawberries, sprinkle again with fine sugar, continue in this manner till it is about full, cover with tenerif wine, put the jar, (being covered with a bladder,) into a kettle of boiling water for about one hour.

PART XXII.

MARMELADES.

General observations to prepare fruits.

635. It is altogether out of principle to spare the quality and quantity of sugar to prepare in any way fresh fruits, intended to keep for the season, in consequence of that, procure the best sugar; should it be even a difference in price of six cents a pound, you will gain in quantity, quality, neatness and appearance, in all your preparations. For instance, fourteen pounds of ripe currants will bring ten pounds of clear juice; if the same weight of an inferior quality of sugar is used to make jelly it will bring only fifteen pounds of it, and the jelly will be opaque, &c. If ten pounds of loaf sugar are used with the same quantity of juice, you will obtain seventeen pounds of clear jelly.

Sugar of an inferior quality needs to be clarified, and looses by this operation from six to seven per cent, develops a molasses taste, and hides the essential flavor of the fruit.

Peach marmelade.

636. Peal some ripe peaches, take the stones out, put them into a bowl, cover the first layer with fine sugar,

continue in this manner till all your peaches are used and the same weight of sugar, let it stay for three hours, put it then into a clean copper kettle, cook it over a strong fire for half an hour, squeeze it through a seive, and put it immediately into jars, when cool cover with a spoonful of noyaux cordial, (764) and close it with a bladder.

N. B. If a quarter of a pound more of sugar is used to every pound of the fruit, the marmelade will be almost as clear as jelly.

Abricot marmelade.

637. This is exactly prepared as described above, but don't need quite as much sugar. Plumbs and prunes may be treated in the same manner, but must cook a half an hour longer.

Cherry marmelade.

638. Choose the best sort of cherries, take the same proportion of sugar as for the peach marmelade, and finish also.

Pear marmelade.

639. Take some firm pears, peal and cut them in slices, take the cores out, put them in a kettle with some water, cook them until they become perfectly tender, add a half pound of sugar to every pound of fruit, when done, squeeze it through a seive, cook again what has passed till it gets thickish.

Beet marmelade.

640. Take some red beets, boil them until tender, peal them and mash them, cook them in a little water, add the same weight of sugar, the juice of a lemon, a little pulverized cinnamon, nutmeg and alspice, let it get as thick as apple butter, stirring all the time. This marmelade is very light and has a very fine appearance on a table.

Observation.

641. Coarse cristalized loaf sugar should always be preferred to soak the fruits, as it has more property to absorb the arome and to maintain it by the coction.

PART XXIII.

JELLIES.

Currant jelly.

642. Take half white and half red currants when not too ripe, take all the stalks off, put them in a bowl with a little fine sugar, let them stay for half an hour, then put them in a copper kettle, add the same weight of sugar, cook rapidly, when they begin to open, diminish the fire, cook a few minutes longer, put it upon a seive, put what has dropped through in small china pots, the remainder may be used as a marmelade or be put in pies.

Apple jelly.

643. Peal some ripe apples, put them in fresh water, add the juice of two or three lemons in order to keep them white, put them in a copper kettle with a little water, cook them till they are perfectly done, put them upon a seive, let the liquid drain off, add the same weight of sugar, boil it until it becomes thick, put it into small china pots. The pulp which remains on the seive may be used in tarts if some sugar and a little cinnamon powder is mixed with it and then boiled for half an hour longer.

Quince jelly.

644. Do exactly as for the apple jelly, but do not peal the quinces as the principal arome of the fruit resides in it.

Cherry jelly.

645. It is prepared like the currant jelly, (642) but some of the kernels have to be boiled with it to give taste. The pulp may be used as before.

Observation.

646. When the little pots are filled with jelly, dip a round paper in brandy, place it upon it, and cover with double paper tied all around to prevent insects, keep in a dry situation. If the juice of all these fruits is cooked half as long with the same ingredients, and a bottle of wine be added, then poured cold over some slices of roasted bread, it makes a very pleasant and healthy dish for breakfast.

PART XXIV.

SYRUPS.

To clarify sugar.

647. Beat the white of eggs with a pint of water, mix it with a gallon of water, add ten pounds of sugar,

boil it, and skim it carefully as soon as the syrup rises up. If it boils too rapidly, add a little fresh water, skim it until the froth is taken off, strain it through a flannel; this is called plain syrup.

N. B. This syrup may be boiled down gradually till the water parts are evaporated. Confectioners use it more or less reduced to manufacture candies.

Lemon syrup with fruit.

648. Take the same quantity of beaten eggs, water and sugar as for the plain syrup, add the juice of ten fresh lemons, finish as above directed. This syrup is particularly intended for sick persons.

Lemon syrup with acid.

649. To every gallon of water take eight pounds of sugar, clarify it as described, (647) take it from the fire, add three ounces of tartaric acid, and twenty-five drops of lemon oil, mix all well, and strain it through a thick flannel. This syrup is generally used in hotels to make drinks.

Orgeat, or almond syrup.

650. Take the pealings of one pound of almonds off by scalding them, pound them finely in a mortar, adding gradually a few spoonfuls of water and some drops of lemon essence, mix with a half gallon of water, pass it through a hair seive, add four pounds of loaf sugar, boil for half an hour, pass it through a clear thin cloth and bottle it.—A spoonful of this syrup mixed with a half tumbler full of water, will make a cooling and pleasant drink for sick persons.

Maiden hair or capillaire syrup.

651. Put two ounces of chopped maiden hair upon a fine seive, pour a half gallon of hot clarified plain syrup over it. (657)

Sasafras syrup with the roots.

652. Take some sasafras roots, wash them and cut them in slices, boil them in water for about an hour, strain this water through a flannel and let it get cool, add the white of three beaten eggs and eight pounds of sugar, boil it rapidly, skim it carefully, pass it again through a flannel and bottle it.

Sassafras syrup with essence.

653. In clarifying the syrup as aforesaid, add a teaspoonful of pulverized cochenieal, when skimmed add a half spoonful of tartaric acid, five drops of essence of sassafras, mix all well and finish as above. The tartaric acid will make it assume its original color.

Salsaparilla syrup.

654. Wash the roots several times, cut them in pieces about an inch long, boil them for two hours in a sufficient quantity of water, let it get cool, draw the clear off, mix three beaten white of eggs, add to every gallon of the decoction ten pounds of sugar, boil rapidly, skim it carefully and strain it through a flannel.

Juiperberry syrup.

655. Wash a pound of the berries, put them on a seive, pour a gallon and a half of hot plain syrup over them, repeat this operation twice, then clarify it as directed in the above receipts, strain and bottle it.

Observation.

656. The above described syrups are more or less sudorific, they may be mixed with drinks in order to favorize that evacuation.

Ginger syrup.

657. Take a half pound broken ginger roots, infuse it for twenty-four hours in a half pint of water and as much brandy, mix it with a gallon of water, boil till the roots becomes soft, strain the decoction through a flannel, mix the white of three beaten eggs and add twelve pounds of sugar, boil rapidly, skim it carefully, strain it again, and bottle it up. This syrup is exciting and used as a stomachic.

Vanilla syrup.

658. Take two ounces of vanilla, pound it in a mortar, adding successively a little fine sugar and a few drops of brandy, make a kind of thin dough with the whole, put it into a stone jar with ten ounces of water and one pound of fine sugar, add the white of a beaten egg, mix all thoroughly, cover the jar with a bladder, tie it all round, place it in a kettle of water, boil for one hour, then keep it in the same water without boiling for twelve hours, let it get cool and pass it through a fine seive. This syrup serves

to flavor chocolate, cordials, jellies, creams, &c., it is more economical than to use the vanilla in substance.

Marshmallow syrup.

659. Cut it in pieces and prepare it exactly as directed for maiden hair syrup. (651)

Rubarb syrup.

660. Take a half pound of broken rubarb root, infuse it for eight days in a pint of alcahol, add a quart of water, boil it for an hour, pass it through a flannel, mix the decoction with a half gallon of very rich plain syrup.—(647)

Cherry syrup.

661. Choose a good kind of cherries, mash them on a seive, pass immediately the juice through a coarse cloth, let it stay for one hour, strain it through a flannel in order to separate the jelly from the juice, put about a half pint of this juice into a bottle, fill it with very rich plain syrup, mix well, and cork the bottle. The jelly may be used to make marmelade in adding the necessary quantity of sugar, and treating it as indicated for the marmelades.

Strawberry syrup.

662. Proceed exactly as treated above.

Raspberry syrup,

663. Do as for the cherry syrup, (661) but a little vinegar should be added.

Goosberry syrup.

664. Is prepared in the same manner.

Mulberry syrup.

665. Do as directed, (661) This syrup is very beneficial in gargles in cases of sore throat.

Pine apple syrup.

666. Cut the pine apple into small pieces, mash them well, and finish as for the cherry syrup. (661)

Observation.

667. It is very important for the preparation of all the fruit syrups, that the plain syrup shall be as thick as molasses, this precaution is necessary to prevent fermentation, which would spoil the flavor of the fruit.

N. B. If a dram of tartaric acid is dissolved in every bottle of any sort of the above described fruit syrup, it renders them more pleasant to taste.

PART XXV.

DRINKS FOR HOTELS, &c.

Warm coffee.

668. If good coffee is required, choose the very best sort, roast it slowly till it getsofa very dark brown color, stirring all the time to have it equally roasted, ground a spoonful of it for every cup full of water, put it in a clean flannel bag, suspend it in a deep coffee pot of the same circumference as the bag, pour gradually the necessary quantity of boiling water over it, take the bag off, cover the pot, keep it warm without boiling. This manner of making coffee will be clear, without loosing its flavor.

Essence of coffee.

669. Put two spoonfuls of ground coffee into a small coffee pot, pour a cup full of boiling coffee prepared as aforesaid over it, let it drop through, put it immediately into a clean bottle, cork it well. With a large minute coffee pot, any quantity of this essence may be prepared at once. Keep it in the cellar always well corked; when it has to be used put only two spoonfuls of it into a cup and fill it with boiling water. This essence is very handy for travellers as it spares in many circumstances a great deal of trouble. It may kept in summer time three or four weeks.

N. B. It serves also to give taste to creams, jellies and cordials, which bears that name.

Tea.

670. Select the best sort of tea, put for six cups a half spoonful into a tea pot, pour a little boiling water over it, let it stay for one minute, then add the rest of the necessary quantity of boiling water. This method of making tea will extract all the arome of it.

Bavaroise.

671. Take half tea and half boiling milk, add a teaspoonful of distilled orange flower water, and a spoonful of capillaire syrup, (651) mix well, and drink it as warm as possible. This drink is good in cases of a bad caugh.

Egg-nogg.

672. Take one dozen of fresh eggs, beat them, adding gradually a pound of fine pulverized loaf sugar, work it

To keep fowls and meat for a certain time.

597. Surround them with charcoal.

To disenfect bad smelling meat.

698. Boil it a little while in water and a little vinegar, ut it in cold water, boil it again as before and wash it in resh water.

PART XXVII.

GARDENING.

699. To have a good garden it is essential at first to hoose a rich soil, and to have it deeply worked through arly in the spring. Second, to choose the best sort of eeds, and to plant them in proper time. Third, to stir ccasionally the ground round the plants to keep the veeds down.

Seeds must be full, plump and heavy, and if they are f a good quality they will sink if put in water.

Early peas and beans.

700. They should be planted in the beginning of April; nake rows three feet apart.

Beets.

701. Sow the seeds in the month of may in a mellow andy ground.

Irish potatoes.

702. Plant them in the beginning of May, make rows ve inches deep, and twelve inches a part, and cover nem about four inches deep with ground.

Carrots.

704. Sow them in May or August in a rich soil, thin it the spring to four inches, and in the fall to six inches.

Cucumbers.

704. Plant them in the month of May, make little hills ound the seeds, the first running should be cut off, if a nore perfect fruit is required.

Turnips.

705. Do exactly in spring and the fall as for the car- ts.

Succory.

706. Sow it in the month of April, May and June, hoose the most shaded place in the garden.

Asparagus.

707. Sow it in April in a well manured and light ground, have it sowed in drills about a foot apart, loose the ground every spring.

Artichokes.

708. Sow them in April, in drills a foot wide and an inch deep, and choose a rich ground.

Cabbage.

709. Sow it in the middle of March, and when about six inches high, transplant them in a rich ground two feet apart.

Cress.

710. Sow it any time in the spring in a rich ground.

Cauliflower.

711. Choose the largest plant for transplatation, and do as for the cabbage.

Lattuce.

712. Sow it from the spring until the fall, in a rich shaded ground.

Leek.

713. Sow it in April, and transplant it in the middle of May, in a rich ground, about eight inches apart.

Melons.

714. Make a hole, put some manure into it, place a few seeds on the side of the manure, cover about an inch deep with ground.

Mustard.

715. Sow in April and May in a rich ground.

Parsley and chevril.

716. Sow in April in a rich and shady place.

Onions.

717. Sow it in drills in the month of April.

Shalots and garlics.

718. Do as for the onions. They may be raised from the roots.

Raddish.

719. Sow them from spring to fall, thin them when they grow as large as a small nut.

Sweet potatoes.

720. Plant them in a hot bed early in the spring, when

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Sweet potatoes.

720. Plant them in a hot bed early in the spring, when

the sprouts are five inches above the ground, loose them from the potatoe and set them into hills three feet apart.

Horse-radish.

721. It may be sowed or multiplied by cutting the top of the root in small pieces.

Rhubarb.

722. Sow it in April and choose a deep rich place in the garden.

Salsify and Scorzonara.

723. Sow it in March, when it is about three inches high, thin it four or five inches apart.

Tomatos.

624. Sow in May and transplant in june- When the winteds begin to spin, support them by some branches of trees, putting them over the plant.

Sorrel.

725. Must be planted in the beginning of May, it may be sowed in drills about a foot apart, the leaves are only used.

Spinnage.

726. Sow it early in the spring in a very rich ground, the leaves may be used all summer.

Squashes.

727. Do exactly as for the melons. (714)

Sage.

728.-Sow it in May in a very rich ground, transplant it in beds for the next season, surround every plant with a little manure.

Thyme.

729. This has to be treated as for the sage.

Chives.

730. May be transplanted by dividing the roots in putting them one foot apart.

Tarragon.

731. Do exactly as for the sorrel. (725)

Celery.

732. Put the seed in a very light and rich ground, when the plants are about three inches high, transplant them in a deep row of the same quality of ground and one foot apart.

Observation.

733. The ground ought to be newly stirred before it is sowed, and when the weather is dry, to be weeded every day after sun down. Thickly sowed plants will never come to perfection; they must be thinned when quite young, if a perfect vegetation is expected.

PART XXVIII.

MISCELLANEOUS RECEIPTS.

Stoughton bitters.

734. Take wormwood, chamœdris, gentiane roots, bitter orange peals, six drams of each, add cascarilla one dram, rhubarb four drams, and one dram of aloes, let it infuse in a quart of strong cogniac for two weeks, and filter it. This elixir is a great stomachic and vermifuge.

Mint bitters.

735. Infuse a handful of fresh mint leaves into a quart of alcohol, filtrate it after eight days, add twenty five drops of mint essence and a half pint of water.

Dr. Susac's febrifuge wine.

736. Take peruvian bark, orange peals, gentiane, camomile blossoms, of each half an ounce, break the ingredients in small pieces, let it infuse in a quart of strong white wine, after three days filtrate it and add three ounces of cogniac brandy. This elixir has been proved good in cases of dyspepsie. The dose is one spoonful every morning, and one ounce three times a day in cases of intermitting fever.

Dr. Chaussier's anti-contageous compound.

747. Take of cascarilly a half an ounce, peruvian bark two ounces, cinnamon three drams, safran a half dram, break all in small pieces, put it in a bottle of Spanish wine, let it infuse for two days, filtrate it, add a bottle of cogniac brandy, five ounces of fine sugar, and one dram of ether. Take every morning two spoonfuls into a cup full of camomile tea.

Cologne water.

738. Take neroli, cedra, orange, lemon, bergamonte and rosemary oil, twelve drops of each, mix well with a

half gallon of alcohol. This water will gain a better flavor by age.

Liquid to make a fair skin.

739. Scald four ounces of sweet almonds, take the peals off, put them in stone mortar, add the juice of two lemons, three spoonfuls of water, three ounces of almond oil, and six ounces of brandy, pound all together till the almonds are perfectly mashed, take a little of this mixture, rub the hands and face with it, then wash it off with fresh water.

Dentifrice tincture.

740. Mix with four ounces of brandy a dram of carbonated potash, twenty drops of clove tincture, and as much essence of cinnamon; when used mix a teaspoonful with a table spoonful of water with it. This liquid will move the tartar from the teeth and prevent them from rotting.

Pomatum.

741. Take the marrow of beef bones, melt it with some water, (do not boil it) let it get cool, take the marrow from the surface, put it again in fresh water, melt it as before, repeat this operation three or four times till it gets perfectly white, mix a few drops of lemon, bergamot, or other kind of oil with it, put it in little china or glass pots, and cover with paper.

To move ink spots on cloth.

742. Wash the spots several times in soap water, and at last in clear water, sprinkle a little oxalic acid over the spot, rub it in, let it stay a few minutes, wash it again in clear water and the spot will be off. Iron rust spots may be taken off by the same. If the spots are not too ancient, lemon juice will answer.

To remove greasy spots.

743. Take beef gall, rub it in the spot, let it stay for half an hour; wash it then in clean water.

To move wax spots.

744. Put a piece of brown paper over the spot, pass a hot iron over it, change the place of the paper till it don't absorb any more of the resine, rub it with a little alcohol and wash it in clear water.

To move greasy spots on silk.

745. Put a few drops of lemon oil on a small piece of spunge, rub the spot well, cover the place with clay in fine powder, let it stay for one hour, take the clay off and rub it with a dry spunge. The clay is put on to prevent the formation of a ring.

To move resine vernish spots.

746. They may be taken off by rubing them with alcohol.

To move the wine and red fruit spots.

747. Wash the spots in soap water, then rinse it in clear water; make a little paper funnel, place a small piece of sulpher under it and kindle it; expose the spot about two inches from the hole; wash it and the spot will be off.

To move spots on silk produced by acids.

748. Mix a teaspoonful of alcali volatil with a table spoonful of water, rub the spots well, then rinse it till the alcali is off.

To move sweat spots.

749. Do as indicated, (743) or use spirits of turpentine.

To purify a room of an apprehended bad smell.

750. Put an ounce of salt and half an ounce of oxid of manganes upon a plate, add an ounce of water mixed with half an ounce of sulphuric acid, place the plate upon live coals, shut the windows and doors, let it be in this situation for two hours, then give to the room as much air as possible. This may be repeated two or three times in cases where the cloths and bedding are impregnated with some principles of an epidemical character.

To make vinegar.

751. Put a cask in a warm situation, pour two gallons of boiling vinegar into it, let it get cool, add a half gallon of wine every ten days, till the cask is two thirds full, then it is fit for use; in adding always the same quantity of wine as vinegar used, you will always have very excellent vinegar.

To make vinegar with cider.

752. Do exactly as prescribed above, but instead of

PART XXX.

ARTIFICIAL WINES.

Observation.

778. It is very essential to observe in making wine, that the taste and strength depends on its constituent principles.

Wine is generally composed of six principles, which are water, alcohol, sugar, tartar, color, and a genial flavor. The proportion of them vary, and produces different kinds of wines.

Fruits, which contain little of the saccharine matter, will undergo a complete fermentation, and produce sourish wine.

Fruits which contain a great deal of saccharine matter, are not subject to a quick and complete fermentation, and the wine will keep sweet all the time.

In consequence of the preceding principles, we shall make our rule in all the following receipts, to appropriate the necessary ingredients for each sort of wine.

Currant wine.

779. Put into a barrel of thirty-five gallons, twenty gallons fresh water, add three gallons boiling water, seven gallons of pure currant juice, and twenty-five pounds of brown sugar, stir thoroughly and let it ferment. When the fermentation is over, draw the clear off and put it into a small barrel, add two gallons of good claret and half a gallon of cogniac; after two months it is fit for use, but if the barrel is kept full, the next year it will be excellent.

Other currant wine.

780. Take the juice of sixteen gallons of red currants, mix it with sixteen gallons of soft water, add forty pounds of brown sugar, half a pound cream of tartar, and two handfuls of lavender leaves. When the fermentation is over, draw the clear off and put it into another clean barrel, add two gallons of brandy or one gallon of alcohol; in two months it will be fit for use.

N. B. If a half pound of ginger is used to every barrel, the wine will take a more brisk taste.

Currant wine with raisins.

781. Do as prescribed, (779) but add three pounds of mashed raisins to every barrel. Stalks of raisins may be added too, it will help to taste.

Goosberry wine.

782. Put twenty gallons river or rain water, eight gallons goosberry juice, and sixteen pounds of sugar, into a barrel, stir all thoroughly till the sugar is dissolved, then add a quarter of a gallon of raspberry syrup and one gallon alcohol. This wine is preferable to currant wine.

Malaga raisin wine.

783. Take twenty-six gallons river or clear and fresh rain water, twenty-five pounds mashed malaga raisins, two pounds of raspberries, and one pound cherries, mix all well and let it ferment, then draw it into another barrel, and add one gallon of cogniac brandy.

Cherry wine.

784. Put into a barrel ten gallons of cherry juice, twenty gallons river or rain water, and eighteen pounds of sugar, mix all well and let it ferment, then draw it into another sweet barrel, and add two gallons of claret wine, This wine will be excellent after six months.

Birch wine.

785. Boil thirty gallons of birch water for two hours, put it into a barrel, let it get cool, add two pounds of sugar, and four pounds mashed raisins, let it ferment, then drop it off and add one gallon of alcohol. This wine takes one year before it is good.

Abricot wine.

786. Take twelve pounds ripe abricots, cut them in two, and take the stones out, make a layer in a bowl, sprinkle thickly some fine sugar over them, repeat this several times, using three ounces of sugar to every pound of abricots, let it stay for six hours, then cook it till the abricots are melted, and when cool put the marmelade into an earthen jar, adding two gallons of good white wine and two bottles of cogniac brandy, put it for one month in a cool place, then draw the clear off and bottle it. After six months this wine will be better than the best malaga wine.

Peach wine.

787. This has to be prepared as described for the abricot wine.

Cherry, raspberry, strawberry, and sweet wine.

788. prepare them as described, (786) but add two ounces more sugar to every pound of the fruits.

Raspberry wine.

789. Take three gallons raspberry juice, five pounds sugar, the white of two beaten eggs, mix all well, cook it in a clean copper kettle and skim it, when cool put it in an earthen jar, add two spoonfuls of fresh yeast, let it ferment, then add three pints cogniac brandy, and keep it in the cellar. All these fruit wines will gain wonderfully by age, and are preferable to many foreign wines which are always very costly.

Malaga wine.

790. Put a hand full fresh elder blossoms, two drams mace, and one broken nutmeg, into a quart of alcohol, let it stay for two days, filtrate it through brown paper, then dissolve one quart of good molasses in four gallons white wine, and mix all well.

Hydromel or honey wine.

791. Dissolve ten pounds of clear honey in eight gallons water, add a tumbler full of fresh yeast, mix thoroughly, and let it ferment when it begins to get clear, add one gallon alcohol, and twenty-five drops tincture of iris to it, let it stay for six weeks, draw it off, repeat this once more after six months. If this wine will get two years old, it is then as good as the best madeira wine.

PART XXXI.

CIDER.

Observation.

792. As cider is an important treating article in the northern parts of the United States, and the western part of France, I shall enumerate the whole proceeds generally used in both countries. Experience has learned every farmer that all the tools in making cider should pe perfectly clean, that the fruit should be ripe, and of the same kind, and that the latest fruit should be preferred in order to obtain a more regular fermentation.

As soon as the cider is pressed, put it in open heated casks and let it ferment till it forms some white cracks in the crust, then draw the clear off and put it into sweet barrels, add to every thirty-five gallons one gallon alcohol, and bung it. The alcohol will stop the further fermentation, and consequently all the rest of the carbonic gas will be maintained. Draw it off two weeks afterwards and repeat this again in the month of March. In drawing it off select always a clear weather.

Cider, wich contains a good deal of water, and which is made by several kinds of apples, will never keep for a long time; it should always be boiled down a good third of its quantity.

Cider which undergoes a very quick fermentation, contains very little saccharine and alcohol matters, and will never keep for a long while. This kind of cider should be boiled to half as it comes from the press; but boiled cider will always keep a flatish taste.

To fine cider.

793. After the cider has ceased to ferment, rack it off and put it into another barrel, dissolve half an ounce of isinglass into a pint of water, or better, into a pint of fresh veal blood, pour it into the barrel and stir thoroughly; in a few days the cider will be clear; rack it off again and add one gallon of alcohol.

To fine cider with unslacked lime.

794. Take the cider from the press and pour a quart of unslacked lime, broken in pieces, into every barrel.—But cider which is too quickly fined will loose its essential matters to give it substance.

To maintain strength and move the taste of the mallic acid in cider.

795. Add to every barrel of fresh pressed cider, four spoonfuls of mustard seed and one ounce broken ginger roots, rack off after three weeks, and add one gallon french brandy. In a few months the apple taste will be entirely moved, and the cider will keep brisk.

To render cider brisk.

796. Put a piece of rock candy the size of a hazle nut, into every bottle, add a few drops of fresh yeast and

three drops essence of spruce, fill the bottle with cider prepared as described, (792) cork the bottles and place them in the cellar, covered with sand. The yeast is to excite a second fermentation.

Carbonated bottle cider.

797. Take it when it runs clear from the press, strain it through a flannel, and put it immediately in strong stone bottles, add two spoonfuls fine loaf sugar and three spoonfuls fresh brandy, (do not fill entirely the bottles) cork them well, and put them in a cool situation. If this cider is chosen from a good kind of apples, it will be after six months as pleasant as the best champaigne, but a little deposit will be found in the bottom of the bottle.

Cider wine.

798. Dissolve twenty pounds loaf sugar in twelve gallons of new cider, boil and scum it, strain it through a seive, let it get cool and mix half a pint of yeast; after the fermentation is over, bung the cask and rack off in March, fine it as described, (793) draw off into another cask and add a half gallon of French brandy, or three pints of alcohol.

Another cider wine.

799. Mix two gallons of French brandy with twelve gallons of new cider, keeping the cask full while it is fermenting, rack off in March, and let it get age before it is used.

Cider wine with grapes.

800. Mash five gallons of grapes, put them in a barrel, add four pounds sugar, and fill the barrel with newly pressed cider, let it ferment, and when this is over, rack it off and add two gallons of French brandy; rack off again in March.

Cider wine with malaga raisins.

801. Mash six pounds malaga raisins, put them into a barrel, add half a gallon French brandy, mix well, let it stand for one day, then fill the barrel with new cider, let it ferment and rack it off about new year, fine it with isinglass, rack it again after two weeks, add two gallons of French brandy. This will make excellent wine and will gain wonderfully by age.

To make liquor wine with cider.

802. Take three gallons of the above described raisin wine, when one year old, add a bottle of rich raspberry, strawberry, or four fruit syrup, mix well. This wine is delicious and strengthening for convalescent persons.

Wholesome summer wine.

803. Keep the apples in a room until March, press them and put the clear juice into a cask with as much new grape wine of the preceding fall. If the apples and the wine are both of a good kind, and a bottle of strawberry syrup is added to every six gallons, the wine will take the taste of pine apples and bears the name of pine apple wine.

Observation.

804. As the apples contains very little tartar, and the grapes abound with that substance, it is proper to add more or less of it in making cider wines.

PART XXXII.

GENERAL DIRECTIONS FOR VINE PLANTING.

Observation.

805. As this cultivation is in many instances greatly misunderstood in the United States, I think myself happy to give some information to induce the propagation of this valuable plant, and to observe the most necessary precautions for its cultivation.

Situation.

Hills exposed south and east should be preferred, and more so, if they are covered on the north side by a higher ground.

Soil.

This should be clayey. Too rich ground will never bring good grapes, as the fibrous part of the plant will get spungy and firmless.

Diging.

Dig the ground in rows of four feet wide and one foot deep. This should be done one year before the plant is set in, in order to expose the soil to warm and cold.

Cutting.

Keep two eyes on every cutting, put them in a rich ground two inches deep, and let them come up in the first ground for one year.

Transplanting.

Early the next spring, cut them, leaving only two eyes, dig them out and transplant them four feet apart in the rows which have been prepared the year before, put them five or six inches deep in the ground, leaving the two buds above it. In the beginning of July, hoe and hill a little of the ground round the plant, repeat this in November. The following spring hill the ground about four inches high around the plant, and hoe it twice through the summer to keep the weeds off.

Pruning.

Stake the vines in March, and prune them in April, in pruning leave only one but on every limb and cut it about an inch above the but; the cut has to be done slopingly and on the opposite side of the bud; every year leave one bud more. This operation is very essential in order to give strength to the trunk and the oldest limbs of the plant, and to obtain more and a better quality of fruit.—As soon as the pruning is done, the trunk and principal limbs should be tied with twisted straw on the stake. In the month of June pinch carefully all the unnecessary little shoots off, which would injure both the vigor of the limbs and fruit. This operation should be repeated in July. If one but should bring several shoots, let the principal one stand, and the fruit will become more perfect.

Bleeding.

This operation should only be done to vines which are too vigorous, and to be performed two weeks after they have blossomed. Make a cutting with a sharp knife round the principal limbs two inches from the trunk, (but be careful not to cut any fibres off the wood.) Fruits on these limbs will grow one third larger than the rest.

Raising.

In warm countries where the sun is intense, vines should be raised high in order to avoid the reflecting heat of the ground, and give air to the fruit. This precaution will be found very beneficial.

In middling temperate climates they should be kept closer on the ground in order to receive the heat of it, and to hasten the ripeness of the fruit.

Renewing old vines.

If vines are getting too old and poor, bend them down in the ground, let one or two of the principal roots stand, and transplant the rest.

Method to make grape wine.

806. When the grapes are perfectly ripe, gather them, and press about six or eight bushels at once, put the juice in open headed casks, the next day draw it off and put it into clean and strong barrels, let the bung hole open for two or three days, then shut it and make on the site a small vent hole to avoid bursting. When the fermentation is abated, keep altogether the air from the wine.—Thus let it stand till March, rack it off into a well rinsed barrel, and let it get age. Wine which is intended to be kept for years, should be racked off again the following year. The lees which are found on the bottom of the barrel may be distilled. This will make the real cogniac brandy.

Observation.

807. There are many precautions to consider in making and keeping good wine; at first in putting wine in the cellar, this should be clean and free from all rotten wood or vegetables, salted fish, sour crout, cabbages, turnips, rotten potatoes, &c., as they may be the cause of spoiling the wines. In consequence of that we recommend to keep this article (if possible) altogether by itself. The cellar should be kept dry and receive the air from the north side. The barrels should be placed in rows upon sound pieces of wood, fixed about one foot above the ground, and distant from one another about six inches, and as much from the wall. This precaution becomes in many instances very helpful.

To fine wine.

808. This has to be done with isinglass as prescribed for the cider, (793) except that the isinglass has to be dissolved with a bottle of the same wine. It is necessary to remark that wine which is not immediately used should never be fined, as the wine will get clear by itself and not

loose a part of its original flavor. Wine which is fined should be put in painted barrels and kept full, or be bottled immediately. In bottling wine see that they are clean and of no bad smell; corks should be new and of the best sort.

To correct wine which is getting oilish.

309. White wine is more subject to get oilish than red wine; this will generally happen in summertime, but if left alone it will after a few months assume its primitive condition. However, if it should be used before a long time, it may be corrected in fining it with a dissolution of isinglass mixed with a quart of alcohol, then to rack and shake it. If an ounce of pulverized cachoc is well mixed with the wine it will answer the same purpose. Sometimes it is sufficient to mix only a certain quantity of lees of another quality of wine, and then to fine it.

To correct wine which is getting sourish.

310. There are four principal causes which occasion the sourness of wine; those are uncleanness in making the wine, putting it into improper barrels, having a dirty cellar, and putting up an inferior quality of wine. If wine begins to get sourish, rack it off immediately into another sweet barrel, which ought to be fumigated with sulphur, fine it with isinglass and add more or less French brandy. If it should be too sour, add a quart of half roasted rye, let it stand for two days and rack it off again. Use it at first.

To correct bitterness of wine.

311. Pour two spoonfuls of alcohol in an empty barrel, kindle it, repeat this successively three times, rack the wine into the barrel.

To correct evaporated wine.

312. Wine will soon evaporate if the barrel is not well bunged; in that case add two gallons of fresh lees, one gallon of brandy, and shake the barrel once a day for a week, fine it and stop shaking for eight days, then rack it off.

To correct moulded wine.

313. Pour a quart of half roasted rye into the barrel, rack it off after two days and add a gallon of French brandy.

To correct wine if too much charged with color.

314. Wines which contain too much coloring matter, are generally of a clammyish and flatish taste, it needs only to be mixed with a good quality of white wine.

N. B. Wine to which brandy has been added, will maintain for some time a little of its taste, but this will entirely disappear after a few weeks.

PART XXXIII.

URGENCY OF A PHYSICAL ADMINISTRATION.

Advertisement.

315. It is known enough that hundreds of persons perish every year either by poisonous mushrooms, verdigris, and azotic gaze, &c. These accidents are generally fatal if no immediate remedy is administered. Although it is my sincere wish that such cases may and should be attended by a skillful physician, I think it my duty to expose to the public the most simple and expedient ways of what has to be done and avoided, and approved by the most learned and experienced physicians of Europe.

POISONING BY MUSHROOMS.

Symptoms.

316. This begins by pains in the stomach, vomitting, accompanied with a certain heat and cholic in the bowels; then follows a great desire to drink, convulsions, the pulse becomes little, hard, tied and frequent; sometimes delirium and a great oppression will take place, and at other times the patient will keep his mind perfectly sound.—These symptoms will declare only in eight or ten hours after the mushrooms have been eaten.

What has to be avoided.

317. The vinegar, the salt, the brandy and ether, will dissolve the poisonous principle, and either of them will render the action of the poison more violent.

The butter, milk, and oil, have no action to neutralize the poison, and are consequently useless.

What must be done.

318. At first give an emetic united with ipecacuana, to free the stomach; the dose should be three grains of tar-

taric emetic, and twenty grains of pulverized ipecacuana, taken in a cup full of milk-warm water. If it is supposed that the bowels are already affected by the poison, mix with the above described receipt, half an ounce of epsom salts, and make some injections with a light dissolution of salt of sedlitz. If these means cannot be had, excite the vomiting by your finger, and take two or three injections with soap water, and drink abundantly of elder blossom tea.

N. B. In any way you may use mushrooms do not ever eat too many, even if they are called the kind which are the most free from poison.

Poisoning by verdigris.

819. This declares by an uneasiness and dejection of force in the limbs, then follows cramps, a kind of a sharp, styptic, and copperish taste in the mouth, accompanied with vomiting, cholics, pains in the stomach, strangulation in the throat, cold sweating, fainting convulsions, &c.—The pulse is tied and rapid; all these symptoms are not commonly connected in the same individual. If a person has been poisoned by verdigris, without having had any thing to eat, an extra desire to drink, head ache, and a great swelling in the bowels will ensue. However, there are many instances where some of these symptoms may exist without any action of poison, but it is always prudent to examine the cause of disorders of this kind.

What has to be avoided.

820. The water, acids, milk, and oil, will increase the violence of the poison, as these substances will rather dissolve it, and consequently render the absorbtion more easy.

What must be done.

821. If the verdigris has been introduced into the stomach by taking a meal, it is prudent to take a vomiting, and then to swallow the white of a few eggs, to repeat this every five or six minutes. This simple remedy has proved to be the best antidote for verdigris.

POISONING BY ARSENIC.

Symptoms.

822. They are nearly the same as described for the verdigris, but if a great quantity of arsenic has been introduced into the stomach, the vomiting and diarrhœa will become continual, the limbs cold, and hiccoughs will announce the approaching death.

What must be avoided.

823. Spirituous drinks, as well as butter, oil, or other greasy substances, should be avoided.

What must be done.

824. The first indication is to administer a vomitting, then to give abundantly of barley, or flax-seed tea, and to make injections with the same.

Poisoned fish.

825. There are may kinds of poisonous sea fish. The violence of the poison becomes sometimes so great that all remedies are useless. The rock-fish, and the yellow-bill sprat, are the worst. The most of these fish are found about the shores of the West India Islands.

Symptoms.

826. The symptoms are nearly the same as those which result from the action of other poisons, except that a general inflammation will soon take place in the whole system, and turn in gangrene.

What must be done.

The first indication to avoid all bad consequences, is to administer a strong emetic, to give abundantly of flax-seed or barley tea, to drink, then to purge with castor oil, and to make some injections. It is said that madeira wine mixed with water, has been found as very beneficial. Any person who has been cured of that affliction, will have for a long time great pains in the articulations. Some physicians recommend leaving a hot country for a more colder one.

Poisonous snakes.

827. These sort of snakes are generally distinguished from others by a flat head and three rows of teeth, with two projecting canine ones fixed in the upper jaw, which are hollow and filled with the poison. The rattle, copper, and viper snakes, &c., are generally of that conformation. There are some red headed lizards which are just as dangerous.

The symptoms of a poisonous snake bite are generally the same, with the only difference that the poison of some

species of snakes will act more violently and rapidly.—Immediately after the bite there is a great feeling of pains in the wound; soon the swelling will declare and gain the whole body, which being at first redish, will, after a few minutes, become blueish; heavy vomiting and sweating will take place in the meanwhile; the patient will loose his presence of mind; the pulse becomes hardly perceptible and intermittent, and a little before death, the skin and eyes turn yellowish.

The first indication is to tie well the leg above the wound, to soak the blood out or to cut the part off, or to burn it with a hot iron, then to apply alcali volatil, or a dissolution of extract of saturn, and to drink a teaspoonful of this, mixed with a tumbler full of water. If the fresh juice of the polygala of Virginia is immediately applied, it is said that this plant will prevent all further consequences; this is the specific for snake bites generally used by the Indians. An infusion of snake wood, or the plant called chicken foot, has been greatly recommended. If the poison has been absorbed and is transmitted in the system, the only resource consists in giving a strong infusion of valeriana, about three spoonfuls every two minutes. This is to excite a quick perspiration which is always some relief for the patient; if this cannot be procured, put a few drops of alcali volatil in a tumbler full of water and add a spoonful of rum; this should be taken at once.

There are many other antidotes highly recommended to neutralize snake poison, as the dissolution of nitrate of silver, &c., but these means are generally not to be had quickly in the country, therefore we have only enumerated the most handy and the most easiest to be procured.

Scorpion, spider, and wasp sting.

828. The sting of either of these insects are very painful, and sometimes accompanied with a great swelling, but commonly without any dangerous effect; it needs only to be washed with strong salt water, or a dissolution in water of a few drops of alcali volatil, and to cover the wounded part with mashed cressen, mustard leaves, or raddish; oil of flax-seed poultice may answer the purpose.

Bite of rabid animals.

829. Dogs, wolves, foxes, cats, rats, horses, mules, asses, hogs, chickens, geese and ducks, are all subject to get mad spontaneously, but dogs, wolves, foxes, cats and rats, shows the strongest propensities to bite.

For one reason or the other the public will excuse us for not giving a description of the whole series of symptoms of this fearful affliction; in consequence of which we shall only give our directions to prevent the developement of hydrophobia.

As soon as a person is bit by an animal supposed to be mad, the first is to calm and assure the mind of the patient, to enlarge the wound and burn it deeply with a hot iron, to give some warm tea to drink, and then to look not for the nearest, but for the most skillful physician.

Asphyxied persons.

830. The condensed evaporation of coals, fermentable liquids, &c., produces both the same effects, and requires the same treatment. The first is to open the cellar, door, or window, to refresh the air, and to give it free circulation; it is prudent to wait a few minutes before the asphyxed person should be taken off. The first is to expose the body in open air, to take the cloth off, to wash with cool water, to rub with warm flannel cloths, to shut the mouth and to blow into the nostrils, these operations must be continued for some time; if there are some signs of life, mix a little vinegar with water and introduce it if possible in the stomach, give injections of the same, and when the patient seems to overcome, make a light bleeding, and give a little wine mixed with water; the patient should be lightly purged the same day.

Burning.

831. Any person who is severely burnt, should apply a compress dipped in a solution of allum; to change this frequently, and then to cover the wound with a plaster of cerat.

Bruises

832. Take the coldest water you can get, (if possible ice water,) dissolve some salt in it, then wet some cloths and put them on the bruise, keep the cloth cool by dropping some water on it, continue in this manner for half an

hour, dip another cloth in warm brandy and wrap it round the sore.

Cuts.

833. If they are not of great consequence, it needs only to tie closely the wound, and to keep warm and from the air.

Drunkenness.

834. Drunkenness caused by wine is seldom dangerous, unless it is an old habit, but drunkenness produced by more spirituous liquors, causes often immediate death. If a person is greatly intoxicated, and in a sleepy state, the best is to administer a light vomit, to introduce a sourish drink, and if some danger is apprehended, to make a bleeding, and to rub the body all over with vinegar.

Indigestions.

835. Persons who have a foul stomach, should immediately observe a strict diet, as it is always the result of an excess of one thing or the other; often diet will bring the stomach to its natural activity without the use of any other medical resources; but if eating is contined some sad consequences may ensue, and the person becomes a victim of its own neglect.

Many persons are afflicted with a weakly stomach; they should be very careful in the choice of their meals, and if some uneasines should follow it, a few drops of ether or a cup full of tea will settle it.

If the indigestion is caused from too much food being introduced in the stomach, the best is to take immediately two grains tartar emetic dissolved in a little milk-warm water, and then to keep diet for one or two days.

If the indigestion is the result of drunkenness, a greater portion of tartar emetic may be required, and the person ought to lay down on the left side to prevent the introduction of the matters into the throat, which may cause suffocation.

PART XXXIV.

Dietetic description of the qualities and effects of the various dishes and preparations treated of in this work.

Feculum.

836. The most of our nutritive substances resides in the feculum, which is principally found in grains and vegetables. In passing through our digestive organs, (if pure,) it will almost entirely transform in chyle, and seems the most easy element to assimilate with animal constitution, and if separated from all heterogenous matters, its chemical effects will always be the same.

Alimentary substances in which feculum is found the purest.

837. Feculum, (according to the opinion of the ancient Hippocrat, the father of all doctors,) if pure, is easy to digest if taken in small quantity, cooling if dissolved, and costive if taken beyond measure. Rice, barley, corn, and sagou, should be put in the class which contains the purest feculum.

Alimentary substances in which feculum is united with saccharine matters.

838. These are chesnuts, beans, peas, lentils, oats, buckwheat, and several other grains. Generally they are considered as lenitive, but more fermenticible and producing sourishness and flatuosities in the bowels.

Alimentary substances in which feculum is united with oil and mucilage.

839. These are almonds, nuts, filberts, pistachio nuts, &c. They are all nourishing but of difficult digestion, as the stomach has very little action upon them.

Alimentary substances in which feculum is united with a bitterish aromat.

840. These are bitter almonds, peach, abricot, and cherry kernels, &c. If taken in small quantity they are tonic and becomes sometimes vermifuge.

Alimentary substances in which feculum is united with a slimy mucilage.

841. These are rye, garden beans, potatoes, &c. They are susceptible of fermenting, and make bread of an easy digestion.

Alimentary substance in which feculum is principally united with gluten.

842. Wheat is the only substance which unites these two principles in an equal proportion, makes the best bread if handled rightly by the baker, and should be al-

lowed to convalescent persons before any other voluminous and nutritive substance.

To prepare alimentary substances in which feculum is the principal constituent element.

843. Rice, barley, corn, oats, sugar, chesnuts, beans, peas, flour, &c., will by itself, or even mixed with wheat flour, never make light bread. It should always be boiled and eaten in the form of mush.

Constituent substances of animal flesh in general.

844. All the musculous parts of animals are composed of fibrine, gelatine, osmazome and fat.

Young animals contain more gelatine and less osmazome than old ones; this is the reason why they are generally more tender and of an easier digestion; as veal, chickens, &c.

The flesh of very young animals is composed of sluggish fibres, gelatine mixed with a viscous matter. It is heavy on the stomach, and occasions often diarrhœa.

The osmazome is agreeable to taste, strengthening, and of an easy digestion. Broth tablets (103) are principally composed of that substance.

The fat is heavy on the stomach, and causes sourness, hot risings, and often indigestion.

Young birds, game, poultry, whiting sole, perch, trout and carp.

845. These are nourishing, free from viscuous matter, and easy to digest; if well prepared they may be allowed to convalescent persons.

Old fowls.

846. As they are generally fat, and their fibres tough, it is more difficult for convalescent persons to digest them.

Eel, shad, salmon, &c.

847. As they contain a great deal of an oily substance, they should not be allowed to sick persons.

General remark.

848. Beef, mutton, pork, deer, hare, pigeon, partridge, pheasant, goose, duck, lark and snipe, should only be used by persons in good health, as they are of a more difficult digestion.

Quality of roasted meat.

849. Roasted meat retains almost all its soluble parts; it is very nourishing and tonic, and agrees with the most persons.

Quality of boiled meat.

850. Boiled meat is entirely deprived of its soluble parts; it has little taste, and is less stomachic exciting in a very small degree the digestive organs.

Quality of the meat in ragout.

851. As this is generally and mostly cooked in vapor and mixed with seasoning, it gets tender without loosing much of its soluble parts. It is also nourishing and easy to digest.

Quality of fried meat.

852. If the meat is cut in thin slices, well beaten and dipped in a well made dough, (191) it becomes very tender by frying it, but should never be used for sick or convalescent persons, as it causes very often the heart burn to persons of a strong constitution. Fried fish seems to have the same effect, and may be attributed to the excess of grease which this preparation maintains.

Preserved meat.

853. Salted and smoked meat should never be allowed to sick or convalescent persons, even persons of good health and strong constitution, should not misuse it, as it produces rising of the stomach, costiveness, and if continued for a long while, it may increase the quantity of muriate of soda in the system, and give origin to scorbut, in consequence of which we will advise using it always with some vegetables.

Quality of meat with vinegar.

854. Meat which has been put in a vinegar brine, will loose its color, but get very tender, and if cooked in ragout becomes tasteful and excites the appetite; it should be more used in warm seasons and hot climates, as it has an anti-putrid quality, and will be easily digested by almost any person of good health. However, sick and convalescent persons should not eat any.

Constituent principles of eggs.

855. Eggs are composed of albumine which constitute the white. The yolk is composed of an emulsive sub-

stance, united with albumine, animal oil, and a cooling matter.

Eggs may be used raw, half cooked, or hard; the white if fresh and raw, is sometimes administered by physicians as an anti-phlogistic in inflammatory cases, but it is heavy on certain stomachs. If half cooked and in a milky state, it is easier to digest. If hard, it takes a hepatic quality, develops sulphured gas, hydrogen, and produces costiveness and indigestion.

The yolk is subject to swell a great deal in the stomach, and is therefore generally mixed with the white as a dissolvent. If mixed in warm broth, milk or water, it has not that inconvenient. It is administered by the physicians to stop diarrhœa, and as a nourishment.

Milk.

856. The milk is an intermedial substance between animal and vegetable nature. Experience shows us daily that nurses living altogether on vegetable food, gives more and better milk than others living on animal substances.

There is a great difference in the quality of milk in ruminating animals; cow and goat milk are the most nourishing, sheep milk is very fat, and ass milk is almost entirely deprived of it, but contains more saccharine matter, and is for this reason greatly recommended to consumptive persons.

Although milk assimilates easy with our constitution, there are some persons which cannot bear it. This inconvenient produced by the milk is more distinct in persons of a billious temperament.

Cream.

857. As cream is the fat part of the milk, it should never be eaten in great quantity.

Cheese.

858. Cheese should be used in small quantity and mixed with some vegetables, as bread, &c. Rotten Dutch cheese, if not used beyond measure, has proved very beneficial in some cases of dyspepsia, cramps of the stomach, &c.

Mucilageous, gummeous, and gelatineous substances.

859. Vegetables in general contain the most of these principles, united with more or less feculum and viscuous

maters, and may in consequence be considered more or less digestive.

Viscuos vegetables.

860. We shall not enumerate them as they are scarcely used.

Asparagus.

861. They are considered as exciting the urinary organs.

Salsify and scorzonara.

862. They contain a great deal of muilage, saccharine matter an d gluten, and are considered as exciting and sudorific.

Artichoke.

863. They are exciting, stomachic, nourishing and a little diuretic.

Sorrel.

864. This plant contains a great deal of oxolic acid, and is cooling.

Carrots and beets.

865. If they are well cooked they are of easy digestion, nourishing and diuretic; the carrot in particular.

Turnips and cabbages.

866. The stomach agrees generally with these two substances, they are nourishing, cooling, diuretic, and a little laxative, but produces wind in the bowels.

Raddishes and horse-raddish.

867. They contain a very sharp taste, are heavy to digest, absorbs the mucilage in the bowels, and developes wind; they should be used only as seasoning.

Garlicks, onions, shalots and leeks.

868. Garlic is a very active stimulant; it contains little of the nourishing principle, but helps greatly to digestion; it is vermifuge, and is often prescribed by the physicians as an expectorant and an incisive. Onions, shalots and lecks, are of the same nature, but in a less degree.

Fruits.

869. Fruits contain generally, gelatine, mucilage, sugar, acid, and an aromatic and coloring principle.

Fruits are nourishing, as cherries peaches, oranges, currants, melons, &c. There are some which contain still

more nutritive matters, as prunes, abricots, apples, pears, grapes, figs, dates, &c. The first are cooling, and the second ones cooling and more nourishing.

Fruits are more or less difficult to digest, cause cramps in the stomach, and violent cholics in the bowels, followed many times by diarrhœa and dysentary. Cooked fruits are not so much subject to produce the incommodies.

Water.

870. Every body knows the use of the water, in consequence we shall only make a few remarks respecting its different qualities. The best is free stone river water roling over a sandy bottom. Rivers of slow running carry many corrupted organic substances along, which soon will be dissolved, and communicate infection to the whole body of water. Well, water is hard and contains in many places a great deal of lime, it will not dissolve the soap nor cook rightly the vegetables, and renders digestion painful to persons of a delicate constitution, and those which are not used to it. Rain water, if pure, is extremely light and of an easy digestion. Standing waters, surrounded with vegetables or rotten wood, is very unwholesome; they should never be used for drink without having been filtrated through sand or charcoals.

People should be very careful not to drink cold water when they are sweating and warm; it causes cramps in the stomach, and sometimes instances of suffocation and death. If it is not taken moderately it may also become the first cause of intermittent fevers and other diseases.

Tea.

871. Tea is the most used in dampy countries, as in England and Holland, where the inhabitants take it in order to excite the perspiration and to facilitate digestion. If tea is taken too strong, too often, and too profusely, it will act on the nervous system either as an exciting or an antispasmodic.

Coffee.

872. It is known as the greatest, most active, and pleasant substance to easy digestion; it produces an agreeable excitement in the whole system, and particularly on the intellectual faculties; it is also a sudorific and diuretic. These effects are more or less produced according to its strength and quantity.

The infusion of coffee should always be mixed with milk, as it renders more nourishing and less stimulating, the nervous system; but if cream is used with it, it should be stronger in order to filtrate the digestion of it.

Chocolate.

837. This is more nourishing than coffee, as it is principally composed of a large quantity of feculum, an oilish and saccharine matter, but more apt to cause costiveness, &c.

Fermented liquors.

874. All fermented liquors may be put under the heat of wine, which is made out of grapes. They have generally all the same effect, and depends entirely on the more or less quantity of alcohol they contain. If wine is used moderately, it is a stimulant, excites gaity, and helps digestion; if used in a more quantity it agitates, surprises and stuns. These effects are followed by weakness, sleepiness, and if the digestion is not completed it will cause disagreeable and sourish risings from the stomach; and if it is used with excess, it will at first produce blindness, absence of sense, turbulency, and very often madness; the steps becomes uncertain and gives to the whole body a firmless and irregular posture, which ends with stupor, stupidity, heaviness and stupineness of the digestive organs, accompanied with the vomiting of a sourish and sharp matter; then will ensue disgust for eating, disorder in all the organic functions, and at length a brutishness and extinction of all the mental faculties.

The various effects of wine and other fermented liquors produces upon the animal constitution, depends a great deal on the quality and the quantity of their constituant principles, and principally of the alcohol, mucoso-saccharine matter, tartar and acid.

Wine which contains but little alcohol, and has undergone a light fermentation, will quench the thirst, but stimulate very little the stomach, and causes sour risings, and if taken too abundantly, produces indigestion and cholic in the bowels.

Wine which contains more alcohol, and has undergone

a perfect fermentation, will not quench the thirst in the same proportion, but is more stimulant, helps the digestion, overheats at once and intoxicates rapidly, but causes very seldom indigestion and vomiting. They are sometimes useful to persons of a weak constitution if a small quantity is only used at once and not too frequently, but persons of an angry and prompt temperament should never use it as it excites their disposition. These kinds of wines are generally the Languedocien, Rosillon, and all the Portugal and Spanish wines.

Those wines which seems to be the less dangerous, are the light white Rhin wine; it is strengthening, exciting the appetite, digestive, diuretic and scudorific, and not so apt to cause so easy intoxication.

The red and white bordeaux wine is a great tonic for weak persons, if not mixed with alcohol.

White wine is generally more light than the red; the best of them are the Bourgouge and the champaigne wine.

Wine which is put in bottles without having undergone its complete fermentation, will maintain a great deal of the carbonic gas, and becomes brisk; it quenches the thirst, is stimulating, and revives the mind. If it produces intoxication, it will not last long and is not generally followed by any inconveniences.

The malaga, alicanth and rota wine, contains a great deal of alcohol and muscoso saccharine matters; they should be used only in small quantities, and are sometimes very beneficial to sick persons.

Sweet wine which contains little alcohol, and have not undergone a complete fermentation, should not be used by sick, as they are heavy on the stomach and hinder the digestion, such as Muscat, Hungarian, and Greek wine.

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